RANGEL WALKS OUT AS HOUSE ETHICS TRIAL BEGINS 3

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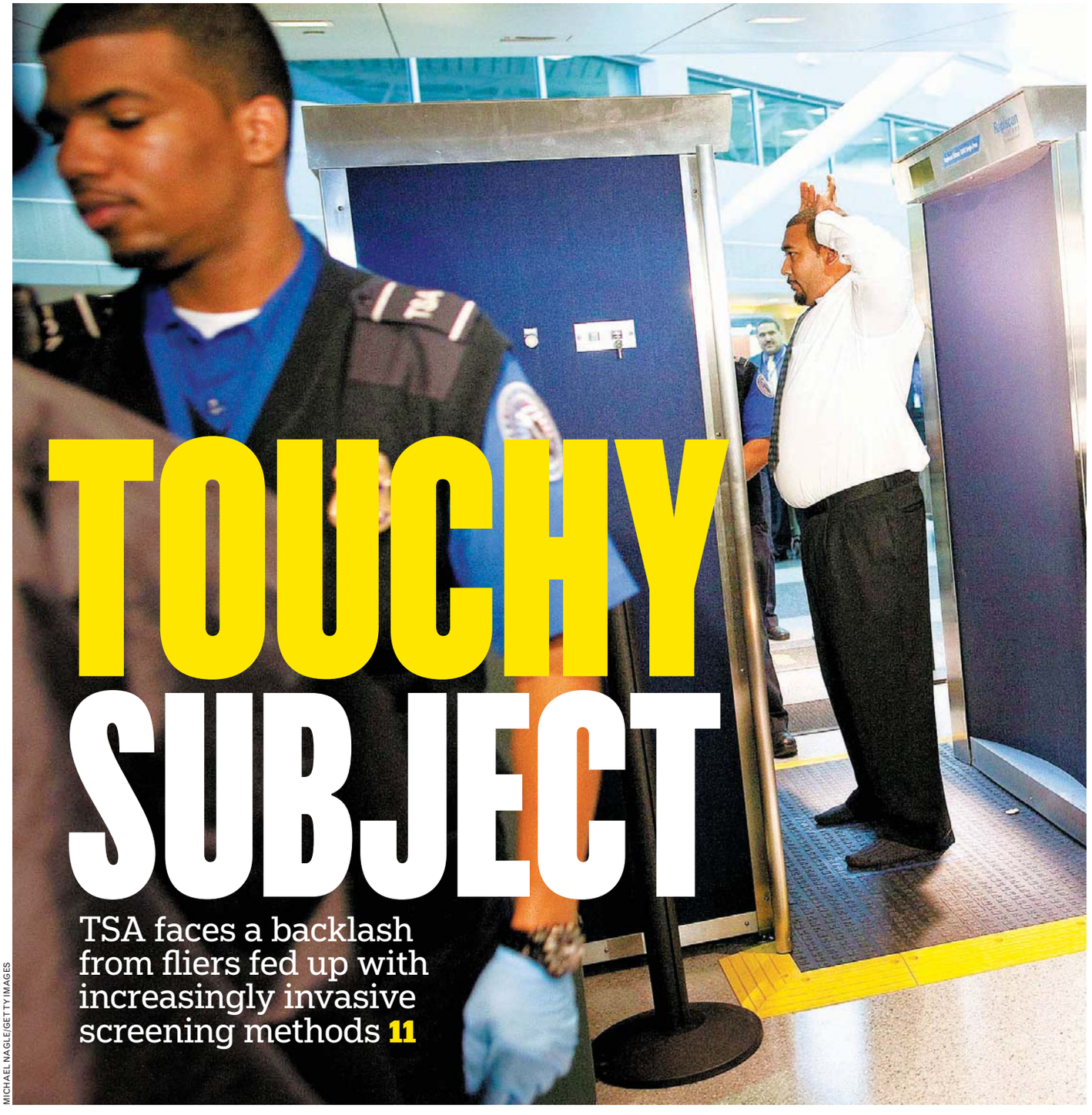

TOUCHY SUBJECT

TSA faces a backlash from fliers fed up with increasingly invasive screening methods 11

MICHAEL NAGLE/GETTY IMAGES

eo

eye openers

Gun Rack, Peeing Calvin Sticker Sold Separately

A Sanford, Fla., dealership trying to drum up business is offering a free AK-47 assault rifle with the purchase of a used truck. Since the promotion was announced on Veterans Day, business has more than doubled. Customers have to pass a background check before using the $400 gun shop voucher. They also have the option of using the money toward other firearms, or they can request a check in that amount instead. **(AP)**

"But then some town board member decided to get on his high horse and wreck their dreams."

— **LAURA GRAFF,** OF NEW CASTLE, N.Y. A TOWN OFFICIAL CALLED THE POLICE ON HER 13-YEAR-OLD SON FOR SELLING BAKED GOODS WITHOUT A LICENSE.

Live Free or Implicate Self

Police say a New Hampshire woman charged with robbing a drugstore wasn't hard to find: Her name was on the license plate of the getaway car. Police say a motorist watched the woman flee from a Rite Aid parking lot in Manchester. The vanity plate read: "B-USHER." The car was registered to 43-year-old Bonnie Usher, who was arrested at her home. Police recovered stolen money and found a ski mask tossed from the car. She was being held Sunday night on $60,000 bail. **(AP)**

The Big Picture

EMMANUEL DUNAND/AFP/GETTY IMAGES

THE IVES POND QUIDDITCH CLUB was one of 46 teams that competing for the Quidditch World Cup in New York City Saturday and Sunday. The sport, which J.K. Rowling created in her "Harry Potter" book series, was first played in real life at Vermont's Middlebury College in 2005. Harvard won the Cup this weekend. **(EXPRESS)**

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Rangel Leaves, but Trial Goes On

Ethics panel denies request for a delay, prompting walkout

Washington

Shortly after veteran Rep. Charles Rangel of New York walked out of his ethics trial in protest, a House panel began closed-door deliberations Monday on 13 counts of alleged financial and fundraising misconduct that could bring formal condemnation.

Only recently one of the most powerful members of Congress, Rangel was reduced to pleading in vain for colleagues to give him time to raise money for a lawyer before taking up the charges.

But the panel decided that the 2½-year-old case had gone on long enough — and Congress had little time to deal with it in the lame-duck session that began Monday.

The 80-year-old Rangel left before they said no, and the proceeding went on without him.

The panel deemed the charges against Rangel to be "uncontested" and decided to deliberate on them, dispensing with the trial phase of the case. A public declaration will come once the panel members have voted on all 13 counts.

Rangel said he had run out of money after paying his previous attorneys about $2 million and needed time to set up a legal defense fund to raise an additional $1 million.

Rangel had wielded great influence as chairman of the tax-writing Ways and Means Committee. He relinquished that chairmanship in March after being admonished for taking two corporate-paid trips to the Caribbean in violation of House rules.

Rangel, a 20-term congressman representing New York's Harlem neighborhood, won re-election.

Key charges portray Rangel as a veteran lawmaker who thought he could ignore rules on disclosing his assets, and improperly used official resources to raise money for a college center that was a monument to his career. **(AP/THE WASHINGTON POST)**

CHIP SOMODEVILLA/GETTY IMAGES

Rep. Charles Rangel, D-N.Y., said Monday he is being "denied the right to a lawyer."

"I object to the proceeding. With all due respect, since I don't have counsel to advise me, I'm going to have to excuse myself from these proceedings."

— **REP. CHARLES RANGEL,** D-N.Y., WHO WALKED OUT OF HIS ETHICS TRIAL ON MONDAY. THE HOUSE PANEL IS NOW DELIBERATING THE 13 CHARGES AGAINST HIM.

Looking Ahead

If ethics panel members decide Rep. Charles Rangel violated any House rules, the full committee will hold a hearing on how he should be punished. The most likely sanction would be a House vote deploring his conduct. **(AP)**

In Brief

WASHINGTON

Jury Convicts Abramoff Associate in Retrial

Ring

A jury convicted an associate of corrupt lobbyist Jack Abramoff's on Monday of bribing public officials with expensive meals and exclusive event tickets. Kevin Ring was found guilty on five counts and not guilty on three others in a second trial, after a first jury could not agree on a verdict. **(AP)**

MOUNT VERNON, OHIO

Police Focusing on Lake In Search for 3 People

Investigators searched a lake for three missing people Monday after a girl who disappeared Wedesday along with them was bound, gagged and rescued from the basement of a nearby home. Sheriff David Barber conceded that 13-year-old Sarah Maynard's mother, brother and a family friend may be dead. **(AP)**

CAPE CANAVERAL, FLA.

Fourth Crack Is Found In Shuttle's Fuel Tank

NASA has found a fourth crack in the fuel tank for the space shuttle Discovery. A NASA spokesman said Monday the repairs need to be made before a new launch date is picked. **(AP)**

Home Sweet Mars: Two scientists suggest that Mars' colonization could happen faster if astronauts behaved like North America's first settlers — not expecting to go home. Mars is a six-month flight away, and the technology already exists, or is within easy reach, Dirk Schulze-Makuch and Paul Davies wrote in the Journal of Cosmology. And by not taking provisions for a return trip, the mission could cut costs by 80 percent, they argue. **(AP)**

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Nation

Facebook Targets E-Mail

Site's new platform aims to merge forms of communication

San Francisco

Facebook unveiled a new messaging platform Monday that takes aim at one of the Internet's first applications, e-mail.

Though CEO Mark Zuckerberg didn't go as far as declaring e-mail dead, he sees the technology as secondary to such faster ways of communicating as text messages and chats. In other words, Facebook is betting that today's high school students are on to something.

"We don't think a modern messaging system is going to be e-mail," Zuckerberg said at a special event in San Francisco.

The new platform, which will be rolled out in the coming months, integrates cell phone texts, chats, e-mail and Facebook messages.

It seeks to unite those forms of communication in one inbox, centered on the people sending it rather than the medium they use. Facebook will also hand out e-mail addresses.

By making e-mail part of its communications hub, Facebook escalates its duel with Internet search leader Google Inc., which shook up online communications six and half years ago with its Gmail service. Google has also said it will roll out more social networking features to counter Facebook's growing popularity.

Zuckerberg dismissed notions that the service, code-named "Project Titan," is the "Gmail killer" it's been dubbed by the press. (AP)

PAUL SAKUMA/AP

CEO Mark Zuckerberg speaks Monday about Facebook's new messaging platform.

RIP, E-Mail?

The first e-mail system arrived in the early 1970s. Though e-mail is still a primary form of communication for older adults, recent studies suggest this is not the case for young people. Text messaging has surpassed face-to-face contact, e-mail, phone calls and instant messaging as the primary form of communication for U.S. teens, according to a 2009 survey from the Pew Internet and American Life Project. (AP)

Lawsuits

TWO DOCTORS are playing golf. One hits such a poor shot that it hits his partner, off to the side, in the head, blinding him in one eye. Whose fault is it? New York's top court will hear arguments Tuesday about whether Dr. Anoop Kapoor should have yelled "Fore!" A lower court dismissed Dr. Azad Anand's lawsuit, finding he took on the risk by golfing. A midlevel court agreed. (AP)

Toyota Crash Renews Concerns

Salt Lake City

Police suspect problems with a Toyota Camry's accelerator or floor mat caused a Utah crash that killed two people and injured two others, raising new concerns about the safety of the vehicles.

Paul Vanalfen's 2008 Camry slammed into a rock wall in Wendover on Nov. 5, killing him and his son's fiancée, Charlene Lloyd. Police said the 66-year-old Vanalfen died at the scene, and the 38-year-old Lloyd died the next day.

Utah Highway Patrol Sgt. Nathan Croft told the Salt Lake Tribune that the Camry was subject to at least three recalls. The recall and repair for a sticking accelerator had been completed, he said.

AP

A probe is ongoing in the Nov. 5 Toyota Camry crash that killed two in Utah.

Croft said authorities are investigating whether the recalls and repairs for an accelerator pad and a floor mat were done. Investigators suspect that one of those problems caused the crash, he said.

Toyota said that it was "supporting the Utah Highway Patrol with their investigation." (AP)

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Nation

Guilty Plea in '65 Civil Rights Case

Man gets 6 months for shooting that led to 'Bloody Sunday'

Marion, Ala.

A white former state trooper pleaded guilty Monday to a lesser charge in the 1965 shooting death of a black man at a civil rights protest, a killing that inspired historic voting rights marches.

James Bonard Fowler, 77, entered the plea of misdemeanor second-degree manslaughter two weeks before he was scheduled to go to trial on a murder charge for the death of Jimmie Lee Jackson. It was the latest in a string of long-unresolved killings from the civil rights era brought to court by a new generation of local and federal prosecutors.

Fowler was sentenced to six months in jail in Geneva County and six months of probation.

District Attorney Michael Jackson, who in 2005 became the first black prosecutor elected in Marion County, reopened the case and took it before a county grand jury, which indicted Fowler on a murder charge in May 2007.

Jimmie Lee Jackson, who died days after the shooting, is honored in civil rights museums in Alabama as a martyr of the movement.

Fowler, who apologized to Jackson's family after entering the plea Monday, said he didn't mean to kill anyone that night in 1965.

"I was coming over here to save lives. I didn't mean to take lives. I wish I could redo it," he said.

Fowler's case was the most drawn-out civil rights cold case prosecution so far, stretching three years and six months.

PHILLIP RAWLS (AP)

Backstory

James Bonard Fowler was accused of shooting Jimmie Lee Jackson as a protest march turned into a melee in Marion, Ala., on Feb. 18, 1965. The shooting set off a march that became known as "Bloody Sunday" when marchers who crossed the Alabama River were attacked. The violence galvanized the movement, and Martin Luther King Jr. later led the Selma-to-Montgomery march that prompted the passage of the 1965 Voting Rights Act. (AP)

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World

Shanghai High-Rise Blaze Kills 42

Building materials caught fire, shooting flames up 28 stories

Shanghai

Fire engulfed a high-rise apartment building under renovation in China's business center of Shanghai on Monday, killing 42 people and sending residents scrambling down scaffolding to escape, city authorities said.

The official Xinhua news agency cited a witness saying the fire began when building materials had caught alight. The blaze spread to scaffolding and then to the 28-story apartment block itself, it said.

The government said more than 100 fire trucks were called to battle the blaze, and streams of water could be seen flowing into the building, which was shrouded in plumes of thick black smoke. The fire was largely put out about four hours later, the government said. Firefighters could be seen taking bodies from the building. Earlier reports put the injured toll at more than 90.

AP PHOTO

More than 100 fire trucks were called to the apartment blaze in Shanghai on Monday.

Relatives searched hospitals for their loved ones. At Jing'an hospital, the father of Wang Yinxing, a 30-year-old woman who lived on the 22nd floor of the building, searched a list of survivors at the hospital but could not find his daughter's name.

"She called her husband and said: 'It's on fire! I have escaped from the 22nd floor to the 24th floor,' but then the phone got cut off," the father, Wang Zhiliang, 65, said with tears in his eyes. "That was the last we heard from her." (AP)

Chronic Problems

Shanghai, a city of 20 million and venue of the recently concluded World Expo, has seen a construction frenzy in recent years, including high-rises that dot its skyline, new subway lines, highways and airport upgrades. But unsafe building work remains a chronic problem in China. Last year, a nearly finished 13-story apartment building in Shanghai collapsed, killing one worker. (AP)

In Brief

TEHRAN, IRAN

Iran Woman: I'm a 'Sinner'

Iranian state television has broadcast footage of a purported statement by Iranian Sakineh Mohammadi Ashtiani sentenced to death by stoning for adultery in which she says, "I am a sinner." The stoning sentence is on hold and being reviewed by Iran's supreme court. (AP)

LONDON

Rolls-Royce to Replace Leaking Plane Engines

Rolls-Royce is temporarily replacing oil-leaking engines on the world's largest jetliner with new motors after one suffered a midair blowout that damaged vital operating systems on a Qantas superjumbo jet, an aviation official said. (AP)

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The number of North Koreans now defecting to South Korea. Ministry official Han Dong-ki said the rise in defections reflects North Korea's worsening economy. (AP)

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India Building Collapse Kills 32, Injures 60

Official: At least 30 are trapped beneath rubble in New Delhi

New Delhi

A four-story building collapsed in a congested neighborhood in New Delhi Monday, killing at least 32 people and injuring 60 others, a top police official said.

Many more people were trapped under debris after the building on the Indian capital's east side collapsed, said B.K. Gupta, New Delhi police commissioner.

Local residents, who were the first to reach the scene of the accident, used their bare hands to scoop away mud and mortar, and pull out survivors. Emergency efforts were hampered as fire engines found it difficult to navigate the narrow alleys of the residential neighborhood of Lalita Park.

AP PHOTO

Rescue workers watch a crane dig out debris from a collapsed building in India.

Residents helped carry the injured to vehicles and to transport them to nearby hospitals. Police, firefighters and locals tried to remove concrete slabs.

New Delhi's top elected official, Sheila Dikshit, who reached the site to oversee rescue operations, said at least 30 people were still trapped under the rubble. Poor construction material and inadequate foundations often are blamed for building collapses in India. **(AP)**

Discoveries

EGYPT'S ANTIQUITIES department says archaeologists have unearthed 12 more sphinx statues along the ancient avenue connecting Luxor and Karnak temples. The discovery was made in a newly excavated section of the Avenue of the Sphinxes. **(AP)**

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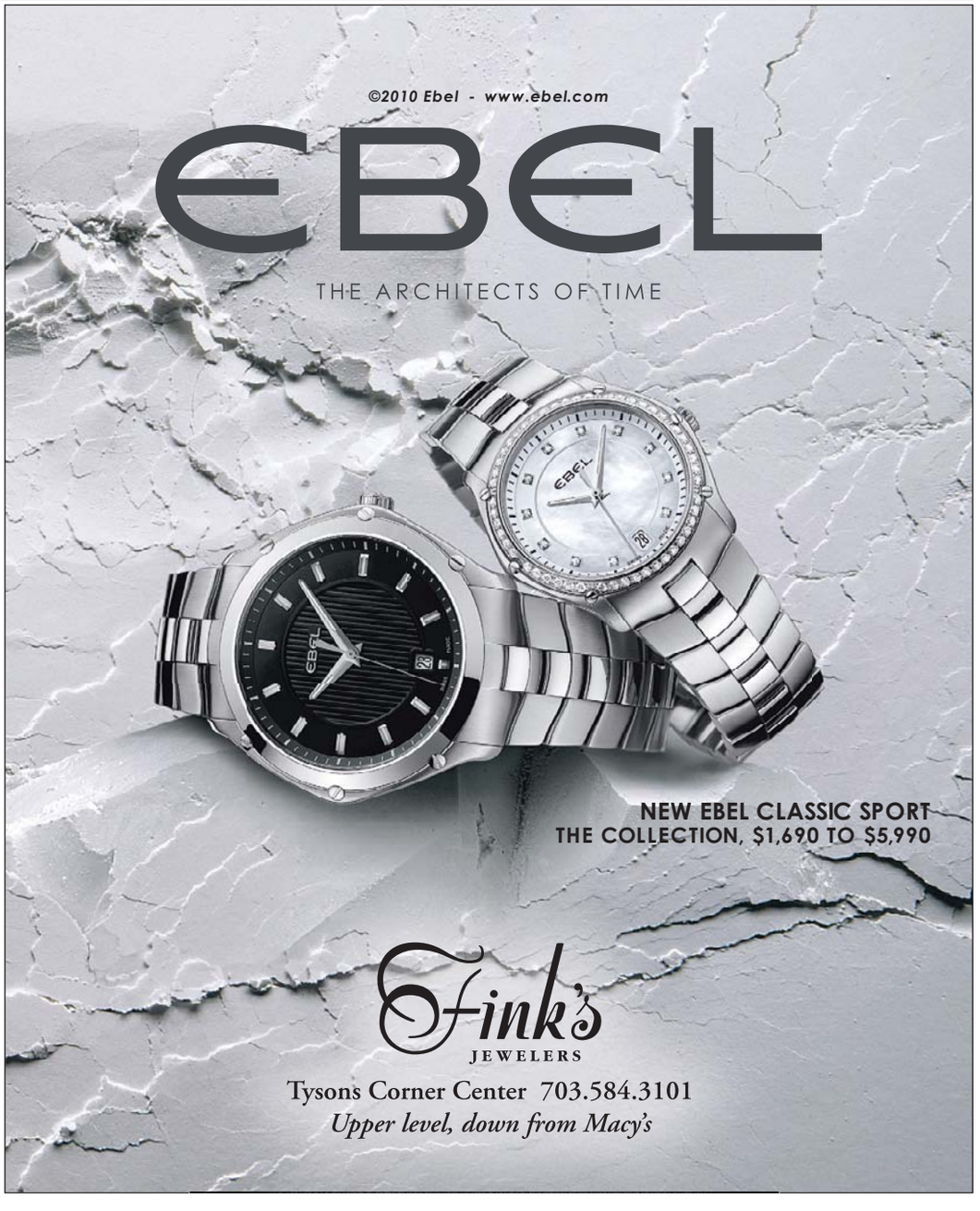

World

Demographics

FEELING FINE? Frustrated? The British government wants to know. Officials said Monday they will start measuring national happiness in addition to gauging more traditional data such as income levels and fear of violent crime. The decision is part of a "science of happiness" movement that has taken root in several other countries. (AP)

U.S.: Gangs Use Jets for Cocaine

Ring buys old planes to smuggle drugs into Europe, officials say

New York

U.S. prosecutors in a series of court cases say they are beginning to unravel the latest innovation in drug smuggling: South American gangs that are buying old jets and other planes, filling them with cocaine and flying them more than 3,000 miles across the ocean to Africa.

At least three gangs have struck deals to fly drugs to West Africa and from there to Europe, according to U.S. indictments.

"The sky's the limit," one Sierra Leone trafficker boasted to a Drug Enforcement Administration informant, according to court documents.

Most of the cocaine flown to Africa is bound for Europe, where demand has been rising over the last decade. South American gangs are turning to airplanes because European navies have been intercepting more boat shipments along the African coast, trafficking experts say.

"We started stopping the maritime traffic ... so then they started going to air traffic more and more," said Theodore Leggett, a smuggling expert with the U.N. Office on Drugs and Crime in Vienna.

The U.N. agency began warning about trans-Atlantic drug planes after Nov. 2, 2009, when a burned-out Boeing 727 was found in the desert in Mali. Drug smugglers had flown the jet from Venezuela, unloaded it and then torched it, investigators said.

In the last year, arrests in Africa have begun shedding light on how the air routes work. The cases are being prosecuted in a New York federal court because some of the cocaine was supposed to have been sent to the United States.

"The quantity of cocaine distributed and the means employed to distribute it were extraordinary," prosecutors wrote in one case. They warned of a conspiracy to "spread vast quantities of cocaine throughout the world by way of cargo airplanes." CHRIS HAWLEY (AP)

Meanwhile ...

Italian police have seized 2,200 pounds of pure cocaine worth as much as $340 million from a shipping container carrying farm equipment from Brazil. Police in the Calabrian port of Gioia Tauro discovered the haul while acting on a tip from British officials dealing with organized crime. A statement from Rome's carabinieri said it was the largest such seizure in Italy in 15 years. (AP)

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FSA FEDS

Anger at the Airport

Full-body scans and thorough pat-downs have many air travelers up in arms

Washington

Nearly a week before the Thanksgiving holiday air travel crush, federal air security officials struggled Monday to reassure rising numbers of fliers and airline workers outraged by new anti-terrorism screening procedures they consider invasive and harmful.

Across the country, passengers simmered over being forced to choose scans by full-body image detectors or probing pat-downs. Top federal security officials said that the procedures were safe and necessary sacrifices to ward off terror attacks.

"It's all about security," Homeland Security Secretary Janet Napolitano said. "It's all about everybody recognizing their role."

Despite officials' insistence that they had taken care to prepare the American flying public, the flurry of criticism from private citizens to airline pilots' groups suggested that Napolitano and other federal officials had been caught off guard.

At the San Diego airport, a software engineer posted an Internet blog item saying he had been ejected after being threatened with a fine and lawsuit for refusing a groin check after turning down a full-body scan. The passenger, John Tyner, said he told a federal Transportation Security Administration worker, "If you touch my junk, I'm gonna have you arrested."

Tyner's individual protest quickly became a web sensation, but questions also came from travel business groups, civil liberties activists and pilots, raising concerns both about the procedures themselves and about the possibility of delays caused by passengers reluctant to accept the new procedures.

CHIP SOMODEVILLA/GETTY IMAGES

A volunteer stands inside a full-body scanner during a Transportation Security Administration demonstration at Reagan National Airport.

Jeffrey Price, an aviation professor at Metropolitan State College of Denver, said two trends are converging: the regular holiday security increases, and the addition of body scanners and new heightened measures stemming from the recent attempted cargo bombings. Also, several airports are short-staffed, which will add to delays, Price said.

Homeland Security and the TSA have moved forcefully to shift airport screening from familiar scanners to full-body detection machines. The new machines show the body's contours on a computer stationed in a private room removed from the security checkpoints. A person's face is never shown and the person's identity is supposedly not known to the screener reviewing the computer images.

Concerns about privacy and low-level radiation emitted by the machines have led some passengers to refuse screening. Under TSA rules, those who decline must submit to rigorous pat-down inspections that include checks of the inside of travelers' thighs and buttocks. The American Civil Liberties Union has denounced the machines as a "virtual strip search."

On Monday, top security officials were out in force to defend the new policies. Napolitano wrote an op-ed piece in USA Today insisting that the body scanners used at many airports were safe and any images were viewed by federal airport workers in private settings.

Napolitano later said in a news conference at Ronald Reagan National Airport that she regretted the growing opposition to moves by the federal government to make flying safer. But she said the changes were necessary to deal with emerging terrorist threats such as a Nigerian man's alleged attempt to blow up a jetliner bound from Amsterdam to Detroit last Christmas Day using hard-to-detect explosives. Authorities allege that the explosives were hidden in the suspect's underwear. **ADAM GOLDMAN (AP)**

"We ask the American people to play an important part of our layered defense. We ask for cooperation, patience and a commitment to vigilance in the face of a determined enemy."

— **JANET NAPOLITANO,** SECRETARY OF THE NATIONAL HOMELAND SECURITY DEPARTMENT, IN A COLUMN IN MONDAY'S USA TODAY.

Scanner Backlash

BARING THEIR FRUSTRATION: Concerns about stepped-up screening procedures are not limited to the U.S. In Germany over the weekend, organized protesters stripped off their clothes in airports to voice their opposition to full-body scans.

Nov. 24
The day protesters have dubbed National Opt Out Day, urging flyers on that busy travel day to decline to submit to full-body scans to draw attention to health and privacy concerns about the controversial machines.

300
The number of full-body scanners now operational in 60 U.S. airports.

500
The approximate number of units TSA is on track to deploy by the end of 2010.

DC Rider

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Probing Metro's Pay

Q Everyone always talks about either service cuts or price hikes. Why are the salaries of Metro's employees not being analyzed? I [hear] about bus drivers making six figures with overtime, which sounds laughably high.

Metro has been cutting its personnel for several years now and plans to do so again this year. The more jobs it cuts, the more opportunities there are for overtime among bus drivers, train operators and escalator mechanics. That boosts their income. It still doesn't leave Metro without a budget shortfall. We could have one again this year.

Dr. Gridlock offers commuter counseling online at washingtonpost.com

Q What's the cost difference between replacing an escalator altogether and continually repairing old ones?

I haven't priced escalators lately. (In my house, we're content to use the stairs.) But I do think Metro needs to be careful about picking a type of replacement escalator if it decides to go that way. It would be committing to buying more than 500 units over many years. You wouldn't want to buy one model this year, then start buying another model two years from now. One of the key problems now is that there are so many different types of parts to replace in the escalators and elevators, and sometimes Metro has to make the parts itself.

Q Inquiring minds want to know: (1) Why are the Red Line trains going so slowly for the first mile or so when heading north out of Friendship Heights? (2) When is the ceiling at Farragut North going to be fixed? Trains have only been going about 10 mph when leaving Friendship Heights, going north, for about two or three months. And the ceiling at Farragut North was supposed to have been fixed a year ago. What gives?

Several weeks ago, Metro discovered a problem along the track bed near Friendship Heights that needs fixing. Till Metro can assemble the parts and schedule the work, trains are ordered to slow down in that section. Farragut North: Michaelangelo would have had that ceiling done by now. I think Metro workers discovered problems they hadn't anticipated that relate to the water pipe system above the ceiling.

METRO PULSE

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James Chen, GALLERY PLACE

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9 Charged in Md. Corruption Plot

Pr. George's officers arrested in scheme involving drugs, guns

Langley Park, Md.

Nine people, including three Prince George's County police officers, were arrested Monday on charges involving drugs, guns and a large-scale scheme to distribute untaxed cigarettes and alcohol, according to federal officials.

Sources said the charges are connected to the recent arrest of Prince George's County Executive Jack B. Johnson, but it is unclear exactly how the cases are related. The arrests are part of a larger investigation of corruption in Prince George's County.

The nine arrested Monday were taken into custody in the early morning hours during an operation that involved 150 law enforcement officers executing as many as a dozen search warrants.

SUSAN BIDDLE/FTWP

FBI and Treasury Department agents collect evidence at Tick Tock Liquors Monday.

The police officers are Sgt. Richard Delabrer, 45, of Laurel; Cpl. Chong Chin Kim, 42, of Beltsville; and Sinisa Simic, 25, of Woodbridge, Va.

According to an indictment filed in U.S. District Court in Maryland, Prince George's County liquor store owner Amrik Singh Melhi and others paid Delabrer and Kim to guard and secure the distribution of untaxed cigarettes and alcohol in Maryland and Virginia. They and four others are charged with conspiracy to commit extortion.

Simic is charged with conspiracy to distribute cocaine and use of firearms in drug trafficking.

The indictment also seeks the forfeiture of $3.5 million, 25 properties, 13 vehicles and 84 bank accounts affiliated with the crimes.

"Police officers are given badges and guns to prevent crimes, but these police officers allegedly used them to commit crimes," said U.S. Attorney Rod J. Rosenstein. "The indictment charges that they crossed a bright line from catching criminals to conspiring with criminals."

Prince George's Police Chief Roberto Hylton said he worried that the arrests of a few would color the public's perception of the entire police department.

"This should not reflect the attitude or character of the force," Hylton said. (THE WASHINGTON POST)

$20K **The maximum amount of money** the Justice Department is offering for information about the person who has shot at several military-related buildings in Washington's Virginia suburbs. The FBI's Washington field office announced the reward Monday for material that leads to an arrest and conviction. (AP)

2 Charges Dropped in Levy Trial

Washington

A day before the case against Ingmar Guandique is expected to go to the jury, prosecutors dropped the kidnapping and attempted robbery charges that had been filed in the death of Chandra Levy.

The statute of limitations on the kidnapping and robbery charges had run out, so Guandique could not have been convicted of either offense. But because the charge of felony murder is predicated on a serious crime, such as robbery, prosecutors had to prove an underlying felony for each felony murder count, and the U.S. attorney's office had originally charged those underlying felonies as well.

Earlier in the trial, prosecutors dropped an attempted sexual abuse charge and the related felony murder charge. When the case goes to the jury, Guandique will face two counts of felony murder. (THE WASHINGTON POST)

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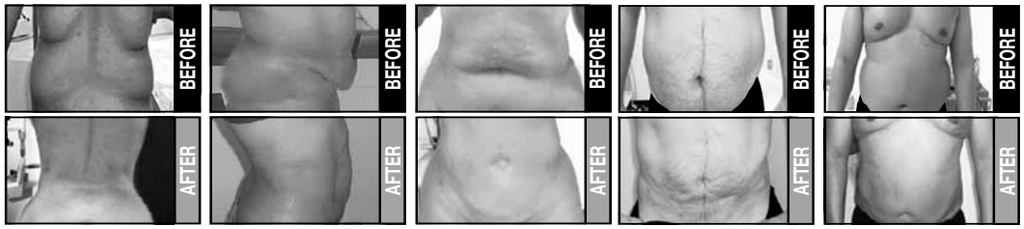

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Local

Va. AG: DMV Can Reject Work Cards

Aug. drunken-driving crash that killed nun spurs new opinion

Richmond, Va.

The Virginia Department of Motor Vehicles is not required to accept federal work permit cards as proof of lawful presence in the United States for the purpose of issuing a driver's license, permit or special identification card, according to an opinion issued Monday by Attorney General Ken Cuccinelli.

In September, the state said that federal work permit cards can no longer be used to prove someone's legal status when obtaining driver's licenses or identification cards in the state, after a fatal crash involving a Benedictine nun and a Bolivian man accused of drunken driving who immigrated to the United States illegally.

The opinion concludes that the DMV has the authority to decide which documents are appropriate.

Carlos A. Martinelly-Montano, 23, is accused of swerving into the path of a vehicle carrying Sister Denise Mosier, 66, and two other nuns on their way to a retreat in Prince William County on Aug. 1.

BILL O'LEARY/TWP

Ken Cuccinelli wrote the DMV can refuse work permits as proof of legal presence.

In January 2009, he received a federal employment authorization card from the Department of Homeland Security and used it to obtain a Virginia ID card.

Martinelly-Montano, who has been indicted on involuntary manslaughter and drunken-driving charges in the accident, did not have a valid driver's license.

Virginia law requires applicants for driver's licenses, permits and ID cards to prove that they are lawfully present in the United States, but the law does not spell out which documents an applicant can rely upon to establish lawful presence. The opinion concludes that the DMV has the authority and the discretion to decide which documents are appropriate.

(THE WASHINGTON POST)

The Lotteries

Monday, Nov. 15

District

Mid-day Lucky Numbers	9-8-9
Evening Lucky Numbers (Sun.)	0-0-4
Mid-day DC 4	3-7-4-4
Evening DC 4 (Sun.)	0-8-6-1
Mid-day D.C. Five	5-4-7-0-9
Evening D.C. Five (Sun.)	3-5-2-7-2
Daily 6 (Sun.)	15-17-22-24-25-27 (31)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3	8-7-2
Evening Pick 3 (Sun.)	9-6-3
Mid-day Pick 4	7-2-7-3
Evening Pick 4 (Sun.)	8-0-8-1
Match 5 (Sun.)	5-6-8-16-37 (13)

Virginia

Mid-day Pick 3	3-1-1
Evening Pick 3 (Sun.)	1-2-0
Mid-day Pick 4	9-2-6-0
Evening Pick 4 (Sun.)	4-1-8-8
Mid-day Cash 5 (Sun.)	4-19-20-27-29
Evening Cash 5 (Sun.)	9-16-18-28-32

Sports

In Brief

GENE J. PUSKAR/AP

The Pirates introduced Clint Hurdle on Monday after a 105-loss season.

BASEBALL

Pirates Tap Hurdle After Worst Record in 58 Years

Clint Hurdle has been hired as the Pittsburgh Pirates' manager, saying he's not intimidated by the franchise's record 18 consecutive losing seasons. Hurdle replaces John Russell, who was fired the day after completing a 105-loss season — the Pirates' worst in 58 years. Hurdle had been the hitting coach for the AL-champion Texas Rangers. He also was being considered for the Mets job but was hired by Pittsburgh before having a second interview in New York. **(AP)**

HOCKEY

Islanders Fire Gordon

The New York Islanders have fired coach Scott Gordon and replaced him on an interim basis with Jack Capuano. The team announced the dismissal Monday, with the Islanders in the midst of a 10-game losing streak. The Islanders are 4-10-3, tied with Edmonton for the fewest points in the NHL. Capuano had been coaching the Islanders' AHL affiliate, the Bridgeport Sound Tigers. **(AP)**

PRO FOOTBALL

Panthers' QB Clausen Sidelined by Concussion

Carolina Panthers quarterback Jimmy Clausen sustained a concussion in Sunday's loss to Tampa Bay, and his status for next week's game against Baltimore is uncertain. Coach John Fox said Monday it's possible Clausen was hurt on Carolina's final offensive play when he was stuffed at the goal line. The Panthers were upset at what they described as the Buccaneers cornerback Aqib Talib diving headfirst into the pile. **(AP)**

JOHN MCDONNELL/TWP

Donovan McNabb, left, offensive coordinator Kyle Shanahan, center, and head coach Mike Shanahan talk during the Rams loss.

McNabb Signs Extension

Sources say QB inks 5-year, $78M deal, $40M guaranteed

The Redskins-Eagles "Monday Night Football" game ended after Express' deadline. For game stats and results, go to washingtonpost.com.

The Redskins

Donovan McNabb will be Mike Shanahan's quarterback beyond 2010, McNabb's agent confirmed.

"We're very happy about the situation," Fletcher Smith said. "We've been working on this for a while now, and we're obviously glad to get it done. Donovan's very happy about the situation because this is where he wanted to be all along.

"From the first day we spoke, I told you this is what Donovan wanted: to have a long career in Washington and end his career here. That never changed. And the fact that we could get this done tonight, with the Redskins playing the Eagles on Monday night and everything that goes with that, I couldn't have written a better script."

ESPN first reported the story Monday afternoon, citing the terms of the deal at five years and $78 million. A source familiar with the negotiations confirmed those numbers.

McNabb's current deal was set to expire at the conclusion of this season. Though both sides have maintained since the Easter Day trade that brought McNabb to Washington from Philadelphia that an extension was coming, McNabb's Oct. 31 benching cast some doubt on the prospects. News reports have suggested that Shanahan wasn't pleased with McNabb's grasp of the offense.

> **"From the first day we spoke, I told you this is what Donovan wanted: to have a long career in Washington."**
>
> — **FLETCHER SMITH,** MCNABB'S AGENT.

However, the two sides talked throughout the bye week, and neither ever wavered about McNabb's future in Washington beyond 2010.

McNabb's new deal could be worth up to $88 million with incentives, according to ESPN's Michael Smith.

Citing an unnamed source, the report stated that $40 million of the extension will be guaranteed.

McNabb has been asked almost weekly about an extension this season, and he's repeatedly said that he hopes to play in Washington for many years. McNabb even mentioned at his introductory news conference that "I'm going to prepare myself to be here for years to come." **JASON REID AND RICK MAESE (THE WASHINGTON POST)**

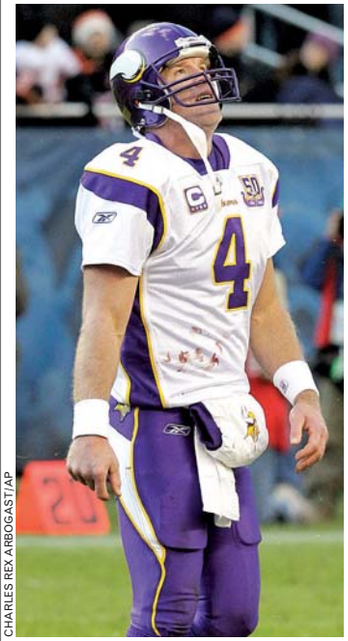
Childress: No MRI Plan For Favre's Shoulder

Pro Football

Minnesota Vikings coach Brad Childress says Brett Favre is "sore" but has no plans to get an MRI on his throwing shoulder and should be ready to play against Green Bay on Sunday.

ESPN reported on Monday that Favre expected to have an MRI on his right shoulder after experiencing pain Saturday. But Childress says team trainers spoke to Favre on Monday and didn't think he would need the test. Favre had surgery on his torn biceps in 2009 before joining the Vikings.

Favre made his 294th consecutive regular season start on Sunday against the Bears, extending his NFL record. He completed 18 of 31 passes for 170 yards and a touchdown in the 27-13 loss. He also threw three interceptions, one that came on a tipped ball and two others after Vikings receivers slipped and fell down. **(AP)**



CHARLES REX ARBOGAST/AP

Brett Favre made his 294th-straight start on Sunday in a loss to the Bears.

Sports

Posey, Feliz Rookies of the Year

World Series teams each field respective MLB award winners

Pro Baseball

Feliz

Posey

San Francisco Giants catcher Buster Posey and Texas Rangers closer Neftali Feliz have been voted the Rookies of the Year.

Posey won the National League award in voting announced Monday by the Baseball Writers' Association of America. Feliz won the American League honor.

Posey drew 20 first-place votes on the 32 ballots. He was called up from Triple-A in late May and hit .305 with 18 home runs and 67 RBI for the eventual World Series champions.

Feliz set a rookie record with 40 saves in helping Texas reach the World Series for the first time. The rocket-armed righty was listed first on 20 of the 28 ballots.

Voting was done by two BBWAA members in each league city after the regular season. **BEN WALKER (AP)**

TV Lineup

COLLEGE BASKETBALL (6 A.M., 8 A.M., 10 A.M., 12 P.M., 2 P.M., 4 P.M., 6 P.M., 8 P.M., 10 P.M.; ESPN, 11 P.M. ESPN2) The sports network kicks off a basketball marathon tomorrow, in this order: Stony Brook at Monmouth, Robert Morris at Kent State, Northeastern at S. Illinois, Oral Roberts at Tulsa, La Salle at Baylor, Virginia Tech at Kansas State, Ohio State at Florida, Butler at Louisville, South Carolina at Michigan State and San Diego at Gonzaga.

COLLEGE FOOTBALL (8 P.M., ESPN2) The Ohio Bobcats travel to Temple to take on the Owls in a Mid-American Conference gridiron battle.

WIZARDS (7 P.M., CSN) The Wizards hope to shake off some injuries to tip off against the Toronto Raptors, who have the NBA's second-worst record.

WOMEN'S COLLEGE BASKETBALL (8 P.M., MASN) Geno Auriemma and the No. 1-ranked Connecticut Huskies host the No. 2-ranked Baylor Bears and their dominant center Brittney Griner.

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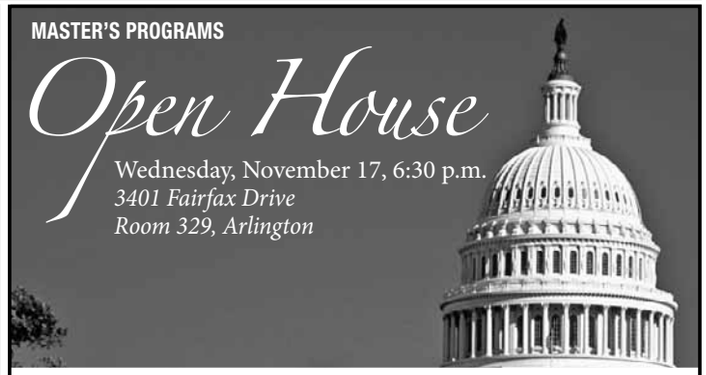

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Wizards Are Walking Wounded

Wall, Blatche both hobbled after loss to Bulls on the road

The Wizards

John Wall's first regular season game against Derrick Rose didn't end the way he probably had hoped. His Washington Wizards lost to Chicago, 103-96, and needed a vintage Gilbert Arenas offensive outburst to avoid an embarrassing deficit. And Wall exited the United Center on Saturday with his left shoe in his black backpack and his left foot in a walking boot after he sprained his arch trying to defend Rose.

The morning before the highly anticipated matchup of the last two point guards to be drafted No. 1 overall, Wall admitted to coach Flip Saunders that he was tired as he prepared to play three games in four nights for the first time in his career.

The Wizards are anxious to see when Wall can run up and down the court without discomfort again. Wall got hurt in the third quarter, left to have his foot taped and returned for a late rally, and was optimistic that the pain in his foot would subside with some rest and treatment. "It's swollen a little bit," he said after Washington (2-6) lost consecutive games for the third time this season.

JIM PRISCHING/AP

Wizards point guard John Wall, right, hurt his left foot in Chicago Saturday night.

Saunders said the Wizards would have to "wait and see" how Wall's foot reacts over the next few days, with the team set to host Toronto at Verizon Center on Tuesday and travel to play defending Eastern Conference champion Boston the next night. They will have to take a similar approach with Andray Blatche and Yi Jianlian, who both succumbed to knee injuries against the Bulls.

Blatche, the team's second-leading scorer and leading rebounder, said he has been dealing with soreness in his left knee all week. It became unbearable on Saturday, when he missed two of 10 shots, and he was unable to do much in a 4 1/2-minute stint in the fourth quarter, when he didn't score or grab a rebound. When he helplessly watched Joakim Noah streaking down the lane for a fast-break dunk, Saunders sat Blatche for good.

> **"I just tried to be a warrior. I tried to fight through it. It just gave out on me."**
>
> — **ANDRAY BLATCHE,** ON HIS LEFT-KNEE SORENESS THAT FLARED UP SATURDAY.

"I just tried to be a warrior. I tried to fight through it," said Blatche, who had scored 20 points in three of his previous four games before scoring a season-low four points against the Bulls. "It just gave out on me. All the pain came, in every different way. Soon as I got here, I knew it was

Keeping Perspective: LeBron James says he's humbled to be among the finalists for Time's Person of the Year award. The Miami Heat forward says "it's too much" and insisted that he's not the right choice for the award, with the winner to be revealed next month. Other finalists this year include the trapped Chilean miners, President Obama, Lady Gaga and Turkish Prime Minister Recep Tayyip Erdogan. (AP)

Duke Atop First Top 25 AP Regular Season Poll

College Basketball

The first poll of college basketball's regular season looks a lot like the preseason Top 25.

Duke was again a runaway No. 1 on Monday, receiving 58 first-place votes, three more than it had in The Associated Press' preseason rankings.

The Blue Devils, the defending national champions, opened the season Sunday with a 37-point win over Princeton.

The same teams were in the poll, with eight schools switching places. The 25 teams were a combined 31-0 in the first week of play, with Missouri the only one without at least one win.

There should be plenty of movement in next week's poll. At least three games between ranked teams are scheduled this week.

Michigan State, which received the other seven first-place votes, remained second followed by Kansas State, Ohio State and Pittsburgh. Villanova was sixth with Kansas, North Carolina, Florida and Syracuse rounding out the top 10. JIM O'CONNELL (AP)

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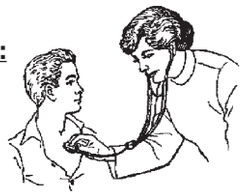

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Participants Needed for Research Study on Benefits of Post-Implantation Training

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To get more information on how to enroll in this study, please contact:

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This project was approved by the Gallaudet University and George Washington University IRB.

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Guinea Pig | Dance Evolution

Ballroom's hottest babe, Julianne Hough, knows how to cha-cha and waltz, but sometimes she wants to "Just Dance" ($10.99, Amazon.com). Her workout DVD features three hip-shaking routines — Work It, Flaunt It and Pump It — sure to make home viewers sweat. The choreography is a tad complicated (even after the pre-workout lesson), but Hough makes encouraging "wooo" noises no matter how badly you mess up the speedy steps.

It Won't Bite, but It'll Hurt

How a weighted tube called ViPR promises to make your gym time more effective

Tools

What can a weight that looks like a giant piece of rigatoni do? For starters, wipe out a room of personal trainers in 12 minutes.

That's what happened at the Equinox in Tysons Corner a few weeks ago, when exercise scientist Michol Dalcourt introduced the gym staff to his invention, which is being launched in the U.S. exclusively through the health club chain. The ViPR — which stands for vitality, performance and reconditioning — is a weighted rubber tube with a few grip holes cut into the side.

It sounds simple, but Dalcourt promises that it's the key to building strength while promoting agility and balance.

Admittedly, it takes some imagination to figure out what you can do with the thing. "Everyone picks it up, does a bicep curl and an overhead press, and then puts it down," Dalcourt says. "But the idea is to move with it." When you do, you're able to tap into ViPR's 9,000-exercise repertoire.

The unusual shape allows for a wide variety of grips that let the user lift, shift, tilt, flip, throw, carry, drag and roll.

Lean it over so you're cradling the top end in the palm of your hand while you squat, then push it into the other hand while shuffling your feet over to change sides. Or, hold the ViPR so it's perpendicular to your legs, lift your right foot off the ground and bend down so you're hovering just above the left foot, then raise yourself back up, balance the ViPR on the right knee and reach your right hand to the ceiling.

MARGE ELY/EXPRESS

Equinox member Anastasia Theoharis, 19, and personal trainer John Godlasky demo a rotating lunge exercise with ViPRs.

MARGE ELY/EXPRESS

The shape of each ViPR is the same, but the color indicates a different weight.

"Everyone picks it up, does a bicep curl and an overhead press, and then puts it down. But the idea is to move with it."

— **MICHOL DALCOURT,** HUMAN MOVEMENT EXPERT WHO INVENTED THE VIPR, A NEW TOOL FOR FITNESS TRAINING

Relying on that many muscles for a single rep will get your heart racing in no time, but for more of a challenge, you can always add in jumping movements, pick up the pace or grab a heavier ViPR — there are seven options, ranging from 8 pounds to 45 pounds.

No matter how fit you may be, Dalcourt says, it's tough to keep up a ViPR workout for longer than half an hour. And you're likely to feel sore in funny places the next day, because you're not just targeting individual muscle groups.

"The body is one thing," says Dalcourt, a Canadian who was inspired by how much better farm boys were at hockey than kids from cities. He realized it was because rather than training, they were living. "They're pounding posts into the ground, throwing bales of hay," he adds.

Five years ago, to mimic those kinds of movements, Dalcourt rolled up a piece of gym mat and started heaving and flipping it. He thought that handles would make it more versatile, and shrinking it down would allow users to be more nimble. "It's playful in nature," says Dalcourt, who insisted on the rubber material, so the ViPR can be slammed onto gym floors without causing damage.

The improvements seem to have worked. Already, the ViPR has managed to get into the hands of scores of professional athletes, including NHL and NFL teams, and PGA golfers. Equinox has just rolled out ViPR for personal training clients and will introduce a group exercise format in January.

And it probably won't be long until everyone discovers that this tube is tops. **VICKY HALLETT (EXPRESS)**

Class Action

Weight for It

Every time Equinox personal trainer John Godlasky shows one of his clients a ViPR move, "they feel it right away," he says. Want to feel it, too? You can either sign up for one-on-one sessions or opt for ViPR 30-minute small group training classes, which are forming at both the Bethesda and Tysons Corner clubs (priced at $800 for eight weeks, twice a week). These will be tailored specifically to the participants, unlike the all-levels group exercise format, which is launching in January.

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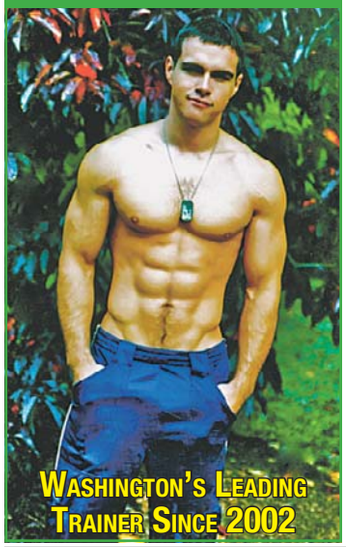

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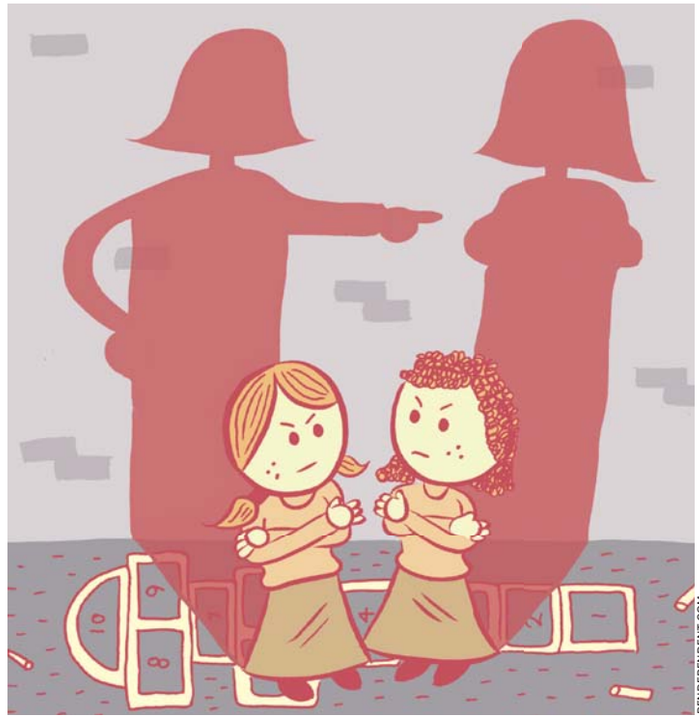

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It's a Jungle Gym Out There

Q There's another mother at my daughter's school who's spreading negative things about my daughter and me. They had an altercation on the playground, like all second-graders are prone to do, and this mother has now started claiming that my daughter is a bully. How do I stop this? **MIFFED MOM**

Bullying through accusations of bullying. How meta!

It's important that you don't let the mommy drama make you say something you regret in front of your daughter. Despite your frustration, do your best not to bad-mouth either the girl or the woman around her.

If you haven't already, apologize for the original playground situation through a nice note saying that you hope you all can start fresh and move on. Certainly, if false accusations continue, you don't have to keep begging her forgiveness, but there is something to be said for making a peace offering. And, finally, though odds are your daughter is just lovely, it can't hurt to do a reality check. Yes, playground altercations abound, but it wouldn't hurt to keep an eye out for signs of troubling behavior.

Living Together, Moving Apart

Q I've been dating my boyfriend for a little over half a year, and we've moved in together. It may have been too much too soon, but at the time it felt right. Now, I've realized that we may have too many differences. Most of the time he pushes what he wants on to me and I cave. He complains so much that his pessimistic outlook is starting to wear on me. I want us to work out, but I'm not sure if this is something worth saving. Is it too soon for couples therapy? **UNSURE**

I'm not sure the question should be whether it's too soon, but rather: Is it too late?

You've been together six months, and now you're seeing some things that aren't so great. Isn't that the purpose of dating? Is couples counseling able — or meant to — change the personality of someone who's naturally dominant and pessimistic? Perhaps he's depressed, anxious or just a grouchy kind of guy. Either way, if he doesn't see it as a problem and isn't motivated to work on it, nothing much can change. Couples counseling is for people who are fundamentally well-matched and have a reason to stay committed to each other. I'm not positive either scenario applies in your case.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Hot House

The price of a week of one-on-one personal training sessions at Fitness Together is usually $250. But you can get it for free if you show up at one of the open houses at the chain's three area locations (1112 16th St. NW; 3222 N St. NW; 300 N. Washington St., Alexandria) this Friday between 4 p.m. and 7 p.m., and Saturday between 10 a.m. and 2 p.m. No need to sign a contract to snag the complimentary workouts. For more details, call 877-345-3838.

Simple Stretches for the Office

Try these 7 moves at work to help you sit up a bit straighter and breathe deeper

Posture

Tightness in the shoulders, neck and back often leads to fatigue, injury, soreness and lack of mobility. It's a casualty of the modern desk job — but it doesn't have to be. Employ the 20-20 rules, advises Alan Hedge, a professor of ergonomics at Cornell University. Every 20 minutes, stand for 20 seconds and stretch or shake things out. Now you'll have the power to sit up straight.

Every two hours, try to the following series of postural correction moves and stretches that will make tight muscles feel great and improve your oxygen efficiency.

ISTOCKPHOTO

When muscles get more elastic, your posture improves and you breathe deeper.

1 Chest Elevation Sit with your arms at your sides and your feet flat on the floor. Gently raise your chest toward the ceiling, but don't look up. Keep your chin level with the floor. Hold for 10 seconds, then relax and repeat five to 10 times.

2 Scapular Retraction Get into the position for the chest elevation stretch while sitting, but this time place your hands on your hips. Squeeze your shoulder blades together, feeling the stretch in your chest. Hold for 10 seconds, then relax, and repeat the sequence five to 10 times.

3 Chin Tuck Assume the chest elevation position while sitting. Keeping your chin level with the floor, pull your chin, head and neck inward (not down). Hold for 10 seconds, then relax and repeat.

4 Upper Cervical Spine Flex From the chest elevation position while seated, dip your head forward slightly as if you were nodding "yes." Feel the stretch in the neck at the base of the head. Pause for 10 seconds, then relax and repeat five to 10 times.

5 Upper Back and Neck Scapular Strengthening To strengthen the rhomboids, try this version of the scapular retraction. Stand upright. Clasp your hands behind your head. Flex your elbows back while pinching your shoulder blades together. Hold for 10 seconds, then relax, and repeat five to 10 times.

6 Rhomboid Range of Motion Stand upright. Clasp your hands behind you at the small of your back. Pinch your shoulder blades together. Hold for 10 seconds, then relax, and repeat five to 10 times.

7 Corner Chest Stretch Stand facing the corner of a room. Raise your hands to shoulder height, and place your forearms, elbows, and hands against each wall. Lean inward to stretch your chest muscles. Hold for 15 seconds (or until you feel loose). JEFF CSATARI (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

SPECIAL ADVERTISING FEATURE

GOLD'S GYM GET FIT CHALLENGE

12 WEEKS. 3 PAIRS. 1 GOAL.

RUNNING FOR THEIR LIVES

And cycling, rowing, stepping and dancing too!

Camille and Jerry entered the Get Fit Challenge not to win the cash prize or the trip to Mexico, but to get healthy and improve their lives. Under their trainer Christina's guidance, they are well on their way.

A prime focus of the couple's overall program is improving their cardiovascular health. This is one of the Five Components of Fitness that are the foundation of the Gold's Gym fitness model.

Cardio exercise strengthens the heart and lungs, burns calories for weight loss, and helps lower the risk of high blood pressure, high cholesterol and diabetes. It also increases energy and reduces stress.

FIVE COMPONENTS OF FITNESS

Goal Setting • Nutrition
Cardiovascular Health • Resistance Training
Education & Professional Assistance

JERRY & CAMILLE

So how are Camille and Jerry making out with the cardio program Christina has designed for them?

HIGHER INTENSITY, LESS TIME

Christina recognizes that Camille and Jerry, like most busy professionals, don't have hours to commit to the gym every day. That's why she has them maximizing their time by working out at a higher intensity for a shorter period of time and switching routines often.

Meanwhile, Camille and Jerry are feeling the benefits of Christina's program. Jerry says he's no longer breathing heavily after walking up stairs, and Camille says she's bursting with new energy.

*In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

MIXING IT UP

In the past, both Camille and Jerry made attempts at cardio training, but neither enjoyed it and they were never able to sustain their efforts. Like most people, they described previous attempts at jogging or riding a stationary bike as *"long, slow and boring."* Their outlooks quickly changed when they began experiencing Christina's custom designed program.

Rather than working out on one piece of equipment for an entire hour, Christina has the couple rotating quickly among various types of equipment. They do high intensity quick bursts on the treadmill, then do the same on the rowing machine, and again on the bike. The couple repeats that rotation over and over for an entire hour workout. Jerry says that approach makes every workout challenging and helps the time pass quickly. Camille has also become a big fan of cycle class, which is another great cardio option

CHRISTINA'S TIP: To avoid boredom, make a game out of your workout by setting time and distance challenges to beat.

CARDIO DATE NIGHT?

Jerry and Camille just learned about a feature available at many Gold's Gym locations that they think is a *"great way to add a fun spark to a workout"* and help those cardio minutes fly by. The **Cardio Cinema**™ is a darkened room with cardio equipment, with movies playing on a theater-sized screen with surround sound.

The couple discovered that the Gold's Gym South Arlington location features a **Cardio Cinema**™ and they're excited to try it out. Perhaps for Jerry and Camille, a date of *"dinner and a movie"* will soon be replaced by *"workout and a movie"* instead.

CARDIO CINEMA™

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Support and inspire your favorite pair by becoming their fan on Facebook! Search for "Get Fit Challenge."

Points are awarded weekly for weight loss and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	PAIR POINTS
GINA	155	150	-30	44
JOY	184	178	-23	
MATTHEW	321	315	-44	40
SAL	214	211	-23	
CAMILLE	195	195	-13	17
JERRY	245	246	-14	

fit wellness

Stethoscope

ISTOCKPHOTO

We don't know about their grades, but college seniors seem to be failing fitness.

EXERCISE

The Other Senior Slump

You've heard of the freshman 15. But what about the graduation gut? A University of Indiana study found that students put on pounds and exercise less throughout their college years. One stunning difference: Freshmen walked an average of 684 minutes a week while seniors hoofed it for only 436. Upperclassmen also spent more time sitting and had higher BMIs.

PSYCHOLOGY

Concentrated Cheer

If you spend your workday thinking about where to go for happy hour, chances are you're not as happy as you could be. A study published in Science found that people who let their minds wander aren't as happy as people who are completely focused on the task at hand — even when the things they're thinking of are pleasant. Participants in the study reported that they spent 47 percent of their days pondering something other than what they were engaged in.

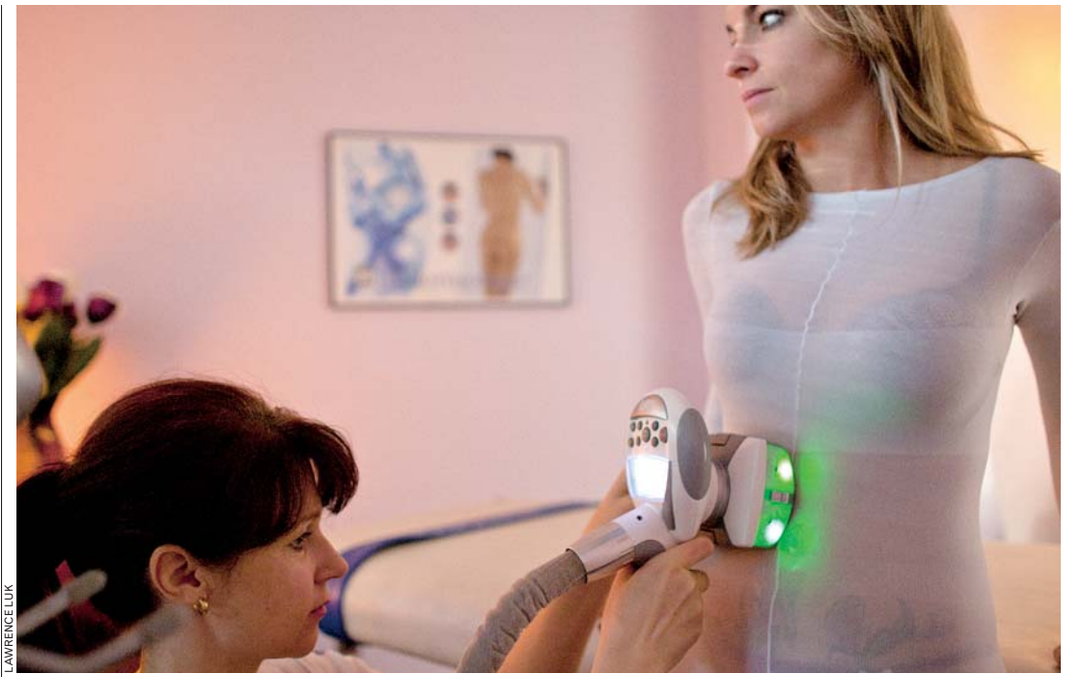
NUTRITION

Health by Chocolate

Take two truffles and call me in the morning: It's not a typical prescription yet, but maybe it will be now that there's even more proof that chocolate is good for you. A study in the Archives of Internal Medicine found that women older than 70 who ate the sweet stuff at least once a week were much less likely to be hospitalized or die from heart disease or failure. But just a single serving a week seemed to provide the benefits of a daily dose, so researchers say this is no excuse to pig out.

Stay Away, Cellulite!

Body Elements gives clients two ways to get smoother skin



LAWRENCE LUK

Clients at Body Elements don a bodysuit that the technician marks up to note problem areas, so they will get extra attention.

Techniques

Creams, caffeine rubs, Spanx. We'll try anything to get a sleeker silhouette — even though fitness experts say spot reduction (toning just one part of the body) is impossible.

But maybe the fountain of youth is actually a machine. Well, sort of, according to Eva Swersey, president of Body Elements (8230 Old Courthouse Rd., Suite 100, Vienna, Va.; Body-elements.com), an Endermologie center where technicians use a gadget with suction and two rollers to manipulate skin similar to a deep-tissue massage to release toxins from fat cells. These cells then shrink, minimizing the bumpy look we call cellulite.

If you want to truly firm up problem areas, however, you have to do some of the work, too. Swersey says results are better when you combine the technique with good nutrition and exercise. That's why she teamed up with Damien Woodson, president of the Personal Training Co. (Personaltrainingco.com), to create the ultimate fat- and cellulite-busting regimen.

"Endermologie increases your circulation by 400 percent, which in turn increases your metabolism and helps you burn fat faster," says Swersey, who opened Body Elements seven years ago and recently moved into a larger space.

LAWRENCE LUK

An intro Endermologie session is $85. You'll need at least eight to see results.

That increased circulation is what's key to priming muscles for a workout and repairing them afterward, says Woodson, who specializes in functional training sessions. "In functional training, you're learning to stabilize your own body weight, and when you're doing that, you're using more muscle groups all at the same time, burning more fat," he says.

Ideally, clients schedule their appointments back-to-back (there's an intro package combining the two services for $99), says Swersey. But even ones who exercise on their own have had impressive results, she says, recalling a bride-to-be who dropped 30 pounds in five weeks.

Swersey and Woodson say their goal is to help people feel better and get healthy. Smoother skin and a smaller pants size are just gravy.

STEPHANIE KANOWITZ

Recipe File

CITRUS-MISO GRAVY

Start to Finish: 20 minutes

LARRY CROWE/AP

Ingredients

- 2 teaspoons vegetable or canola oil
- 1 small yellow onion, finely chopped
- 6 tablespoons all-purpose flour
- 2 tablespoons sweet white miso
- 1/4 cup white wine
- 4 cups low-sodium chicken broth
- 1/2 teaspoon orange zest
- Ground black pepper, to taste

Makes Four Cups

In a large saute pan over medium-high, heat the oil. Add the onion and saute until caramelized and golden brown, about 12 to 15 minutes.

Add the flour, miso and white wine, then bring to a simmer, whisking and scraping the bottom of the pan. Add 1 cup of the broth and whisk until smooth. Add the remaining broth and the zest. Whisk vigorously, then cook for five to seven minutes, or until thickened. Season with black pepper. (AP)

Nutrition information per 2 tablespoons (values are rounded to the nearest whole number): 19 calories; 8 calories from fat (42 percent of total calories); 1 g fat (0 g saturated; 0 g trans fats); 0 mg cholesterol; 2 g carbohydrate; 1 g protein; 0 g fiber; 43 mg sodium.

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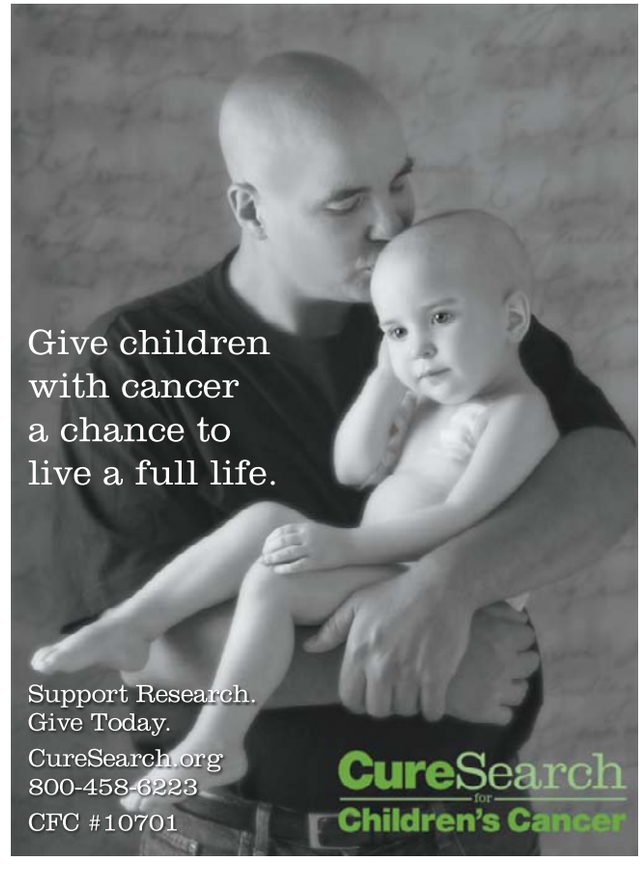

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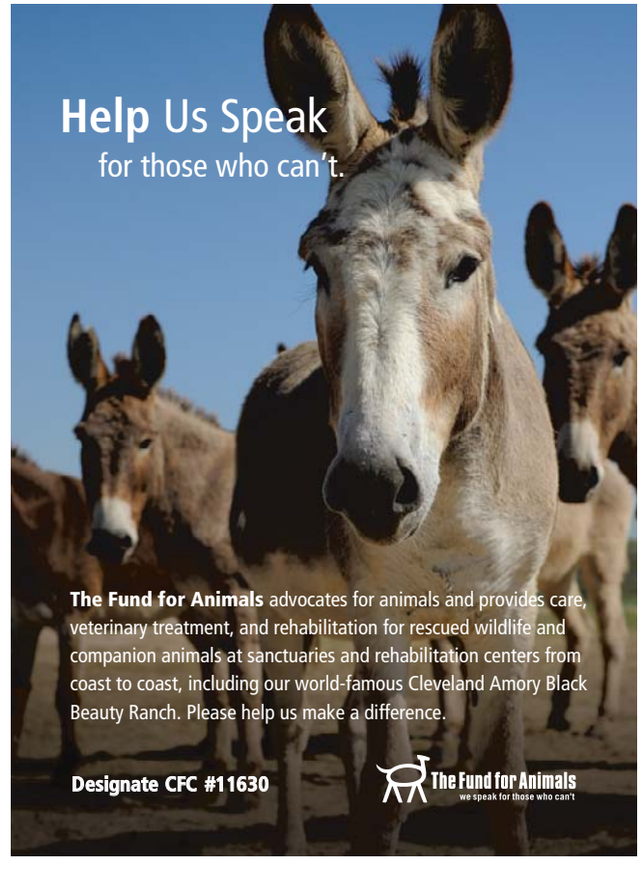

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Each of the charities that make up the America's Charities family of federations works to provide resources to meet the needs of communities, families and children, in your neighborhood, across the nation, and around the world.

Take a moment to browse this brochure, and find a charity that you feel good about. And let us Help You Help Others.

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Wellness Community - Greater Washington, DC

WETA (Greater Washington Educational Telecommunications Association)

Whitman-Walker Clinic

Youth For Tomorrow - New Life Center, Inc.

Visit us online!
www.charities.org

www.charities.org

FALL 2010 COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA
750 17th St., NW, Suite 200, Washington, DC 20006 Attn: CFCNCA Finance Office
CFC Campaign No. 0990

CFCNCA REPORTING NUMBER

CITY/STATE CODE 110010

ATTENTION PAYROLL OFFICES: The CFCNCA Reporting Number is used by the local CFC. DO NOT enter into Federal payroll systems.

Fall 2010 Pledge Form

Reduce costs. Direct more to charities. Pledge online at www.cfcnca.org.

The geographic boundaries for the Combined Federal Campaign of the National Capital Area (CFCNCA) are for employees whose permanent duty stations are in the greater Washington DC Metropolitan Area; Prince George's, Montgomery, Calvert and Charles Counties in Maryland; and Arlington, Fairfax, Loudon and Prince William Counties in Virginia. The Virginia counties include all separately incorporated cities such as Manassas in Prince William County. The CFCNCA does not accept pledges from employees beyond these boundaries. Please check www.opm.gov/cfc to find the local CFC for your duty station.

CHARITY CODE | ANNUAL AMOUNT

10224

TOTAL $

Designated amount cannot exceed TOTAL ANNUAL CONTRIBUTION below.

INTERVAL | TOTAL ANNUAL CONTRIBUTION

26 PAY PERIODS = $

12 MONTHS = $

= $

A I want to support these charities through the CFCNCA:

Direct my gifts to the federations and/or charities listed on this form based on the listings in the 2010 *Catalog of Caring* or the online charity database at www.cfcnca.org. Absolutely no "Write-Ins" are allowed. Any amount not earmarked to specific charities on the official CFCNCA list will be classified as "undesignated" and distributed according to Federal CFC rules.

Thank You!

For EAGLE AWARD

For DOUBLE EAGLE AWARD

CFC organizations do not provide goods or services in whole or partial cons made to the organizatio

B Here is my cor

PAYR

I hereby authorize any agency during 2011 to deduct the am calendar year 2011 starting wit last pay period that begins in D Federal Campaign shown abov writing at any time before it exp

SIGNATURE

C Here is my pers

Count me in! I would like

LAST NAME

FEDERAL AGENCY AND OFFICE

WORK ADDRESS (INCLU

D Share my donati

To protect your information a and corresponding informati

(box must be checked) P

(box must be checked) H

(box must be checked) H

OPM Form 1654 February 2010

UNITED WAY OFFICE USE ONLY

United Way of the National Capital Area

THANK YOU FOR YOUR PLEDGE

1. My name — Please print firmly in ALL CAPITAL letters.

Ms. Mr. Mrs. Other

First name | MI | Last name | ID#

Home address

City | State | ZIP | Home phone | Work phone

Employer

E-mail

2. My gift — Please keep a copy for your records.

A. To United Way of the National Capital Area (UWNCA)

B. To the United Way Community Impact Fund (UW)

9055 (ELD/CHA) Supporting Your Seniors

9057 (YOU) Helping Children & Youth Succeed

Other health and human service agency, or other United Way

Please include the agency address to ensure accurate processing.

Agency/United Way name

Address: street, city, state, ZIP, phone

A minimum gift of $52 per agency is required for specific designations to United Way partner agencies. A minimum gift of $100 per agency is required for non-member agencies. If minimums are not met, gifts will be contributed to the Community Impact Fund for allocation to agencies that address the most critical needs in the community.

payment method: Please choose A or B

per pay period for 12 pays 22 pays 24 pays 26 pays

3. Preferred payr

A. Payroll deductio

B. Check (payable t

No cash donations ac

4. Sign here to a

Date

Giving though the CFC? Fill out your pledge form carefully! CFC codes can be found in the charity descriptions in this directory.

Pledging through United Way? Make sure to complete all address information, and read the fine print, to be sure your gift reaches your selected charity!

Giving through America's Charities' Pledge1st+PLUS online system? Just search for your favorite charity and click!

Pledge1st+PLUS

Charity Search

Search | on any keyword | on phrase | on all keyword(s)

Browse Charity Groups: Community1st - America's Charities

Areas of Interest: All Categories

Search by State: All States

Search

Can't find a specific charity? Write in Charity

Become a Volunteer

For information about volunteering in your community click here.

10224 America's Charities
charities.org (800) 458-9505
Helping you help others, our goal is providing member charities with the financial resources required to meet emerging needs. America's Charities addresses the needs of children, families, the hungry and the sick, in your community and across the nation. Support America's Charities and you help support America's most-loved causes. **54-1517707**

10360 100 Black Men of America
100blackmen.org (800) 598-3411
Our organization seeks to serve as a beacon of leadership by utilizing our diverse talents to create mentoring environments where our children are motivated to achieve, and to empower our people to become self-sufficient shareholders in the economic and social fabric of the communities we serve. **58-1974429**

10361 American Campaign for Prevention of Child Abuse and Family Violence familyviolence.org
(202) 429-6695
Your generous contributions each year enable the National Council on Child Abuse and Family Violence (NCCAFV) to provide assistance to thousands of abused and vulnerable children, spouses and partners (women and men), and the elderly. You are helping reduce family violence in every state and territory in the United States. **95-4356014**

11889 American Center for Law and Justice aclj.org (800) 296-4529
Specializing in constitutional law, the ACLJ is dedicated to the concept that freedom and democracy are God-given, inalienable rights that must be protected. The organization defends religious liberties, human life and the family in cases all across the country. Legal services are provided at no charge. **54-1586817**

10363 Amnesty International USA
amnestyusa.org (800) AMNESTY
Worldwide grassroots human rights organization -- impartial and non-political -- whose purpose is to protect the rights of all people to live free of discrimination, persecution, violence, and injustice. It investigates and exposes abuses, educates and mobilizes the public, and helps transform societies to create a safer, more just world. **52-0851555**

11891 Asian American Legal Defense and Education Fund aaldef.org
(800) 966-5946
AALDEF is a New York-based national organization that protects and promotes the civil rights of Asian Americans. By combining litigation, advocacy, community education, and organizing, AALDEF works with communities across the country to secure human rights for all. **13-2855641**

10357 Canine Partners
For Life k94life.org (610) 869-4902
Trains and places service dogs for persons, ages 12 and older, with physical disabilities, mobility impairments, and seizure alert needs. Enables recipients to return to work or stay in the workforce, and children can have a more integrated school experience. Also provides home companion dogs for young children and elderly. **23-2580658**

11628 Catholics United
for Life clji.org (800) 764-8444
Pro-life Catholic organization dedicated to defending human life from the moment of conception until natural death. Activities include sidewalk counseling, educational programs, and a legal project that defends constitutional rights. A prison project provides resources to prison chaplains, and an evangelism outreach program proclaims the Gospel to government officials. **51-0195634**

11102 Christian Appalachian Project
christianapp.org (866) 270-4227
An interdenominational, non-profit Christian organization committed to serving people in need in Appalachia by providing physical, spiritual, and emotional support through a wide variety of programs and services. Offers people opportunities to improve their own situations. Operates over 30 crisis intervention, educational, and community development programs; distributes in-kind donations. **61-0661137**

11629 Diabetes Research and Wellness Foundation
diabeteswellness.net (877) 633-3976
Funds clinical investigations into the causes, prevention, treatment, and cure of diabetes and associated complications. Conducts diabetes screening which targets high-risk populations and ethnic groups. Provides diabetes education and materials to patients and health professionals to save lives from blindness, kidney disease, amputations. Publishes a monthly national newsletter, *The Diabetes Wellness News*. **52-1840230**

10359 Dress for Success Worldwide
dressforsuccess.org (212) 532-1922
Dress for Success Worldwide is an international non-profit organization promoting the economic independence of disadvantaged women, seeking employment and self-sufficiency. We provide professional attire, a network of support, and the career development and employment retention tools to help women succeed in work and in life.**13-4040377**

11892 Eagle Forum Education and Legal Defense Fund
eagleforum.org (618) 462-5415
Pro-family leadership by Phyllis Schlafly. Defending traditional families, parental rights in schools, reading by phonics, tax fairness, strong national defense. Provides articulate alternatives to liberalism and the radical feminism that pretends women and men are the same, but demands preferential treatment. Trains for grassroots leadership in public policy making. **37-1097202**

Support The Children's Inn — Make a Difference in the Lives of Sick Children!

CFC #10324
Contact Lauren Conte contele@mail.nih.gov or 301-451-9461 for more information.

7 West Drive
Bethesda, MD 20814
www.childrensinn.org

www.charities.org

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CFC # 38871 | www.wwc.org/donate

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Community 1st Greater Washington, DC America's Charities

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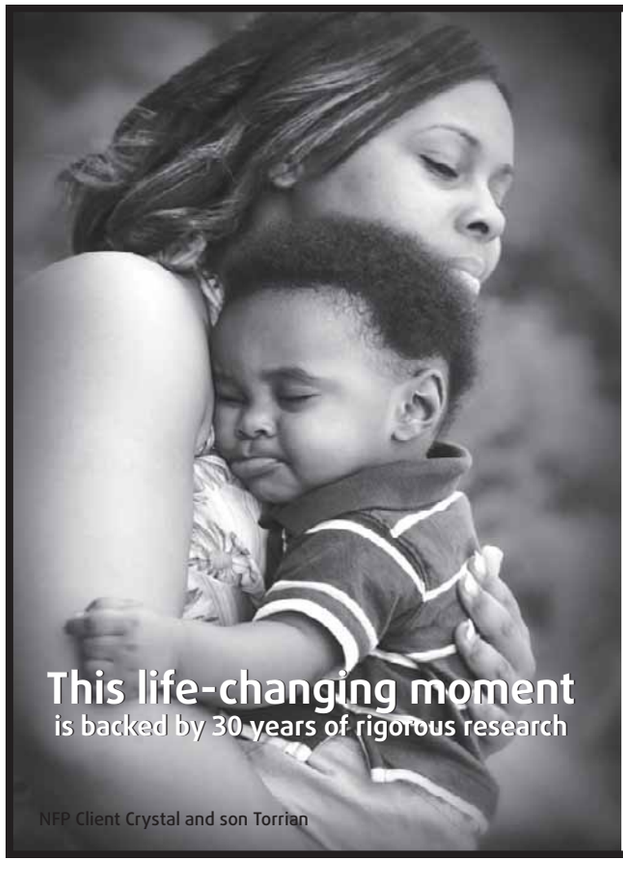
Court Appointed Special Advocates (CASA) trains volunteers to help ensure abused and neglected children have safe, permanent homes.

Your time or donation can change a child's life.

CASA
Court Appointed Special Advocates FOR CHILDREN

CFC # 68151

www.SpeakForTheChildren.org



Your gift can help transform lives.

Nurse-Family Partnership is a proven way to a better future for first-time moms and their babies who are living in poverty.

Decades of research show the results: healthier babies, less child abuse and crime, higher employment for moms and better school performance by the children.

Won't you help? Your tax-deductible donation of just $5 a month can provide support for a family for a year. Every gift enables more nurses to help more vulnerable families.

Nurse-Family Partnership
Helping First-Time Parents Succeed®

www.nursefamilypartnership.org
www.facebook.com/nursefamilypartnership
CFC#53503

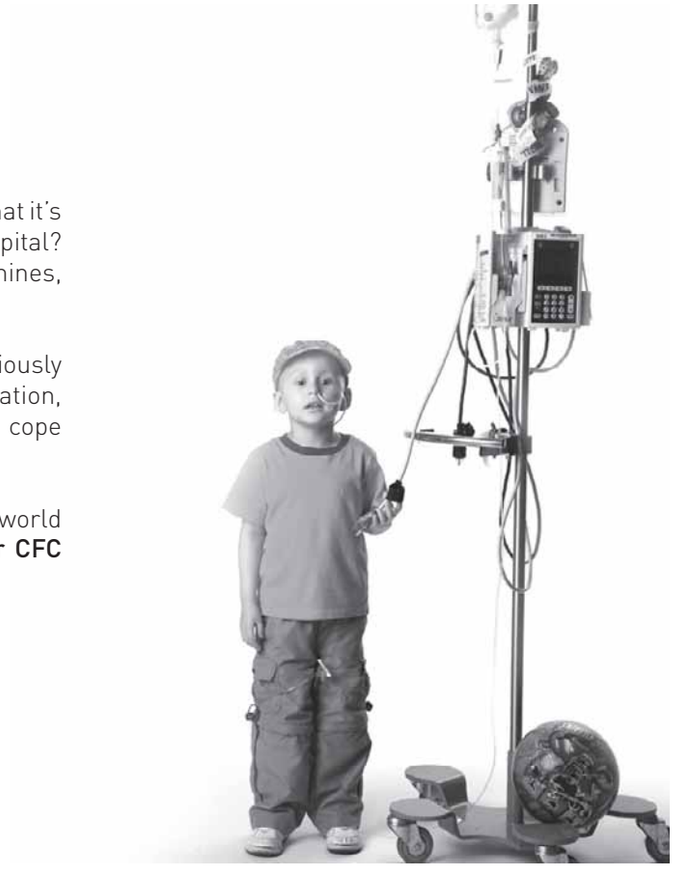
www.charities.org

My World is ... HOSPI+ALS

It's become like his second home. Can you imagine what it's like to spend more than half your childhood in a hospital? Every time he opens his eyes he sees needles, machines, or even worse... his mommy's tears.

Kids like this are why Starlight is here for seriously ill children and their loved ones. Through education, entertainment and family activities, we help them cope with the pain, fear and isolation that illness brings.

Give generously and help Starlight brighten their world a little each day. **Please designate #11305 on your CFC pledge card.** For more information about Starlight, **visit www.starlight.org**.



starlight™ children's foundation starlight.org

10986 Feed The Children
feedthechildren.org (800) 627-4556
Founded in 1979, Feed The Children is one of the largest international charities delivering food and other necessities to children and families in all 50 states and around the world. In FY 2008, FTC distributed more than 133 million pounds of food and essentials, supplementing more than 760,000 meals each day. **73-6108657**

11627 Feeding America
feedingamerica.org (800) 771-2303
Nation's largest domestic hunger-relief organization. Providing groceries for over 25 million Americans annually through our network of over 200 Members. Last year, we secured and distributed over 2 billion pounds of groceries, in all 50 states, Washington DC, and Puerto Rico. Our goal is to end hunger in America. **36-3673599**

11630 The Fund for Animals
fundforanimals.org (888) 405-FUND
The Fund for Animals, founded in 1967 by Cleveland Amory, is a leading provider of direct care for animals, and operates animal sanctuaries, including Black Beauty Ranch and sanctuaries in Southern California and on Cape Cod. We speak for those who can't -- on the web at fundforanimals.org. **13-6218740**

12178 Goodwill Industries International, Inc. goodwill.org
(800) 741-0186
Our local agencies generate opportunities for people to achieve economic stability and build strong families and vibrant communities by offering job training, employment placement services, and other community-based programs for people who have a disability, lack of education or job experience, or face employment challenges. **53-0196517**

11893 Human Rights Campaign Foundation hrc.org (800) 777-4723
Conducts public policy research and public education on the social, economic, and health issues affecting gay, lesbian, bisexual, and transgender Americans, and to further its vision of an America where all Americans are ensured of their basic equal rights. **52-1481896**

11894 The Humane Society of the United States humanesociety.org
(202) 452-1100
The Humane Society of the United States is the nation's largest animal protection organization. Established in 1954, The HSUS seeks a humane and sustainable world for all animals. We are America's mainstream force against cruelty, exploitation, and neglect, and the nation's most trusted voice extolling the human-animal bond. **53-0225390**

11895 LatinoJustice PRLDEF
latinojustice.org (800) 328-2322
PRLDEF, a pan-Latino organization, promotes Latino justice. We are one of the foremost Latino civil rights organizations in the country. Through impact litigation, we fight discrimination and assure Latinos' constitutional rights. Though our educational programs, we help Latinos who dream of entering the legal profession to do so. **13-2722664**

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For Our Future

BBB ACCREDITED CHARITY bbb.org/charity

Your gift helps Boys Town serve as a beacon of hope for America's Children and Families providing the right care at the right time for 50,000 children each year.

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BOYS TOWN®

CFC #12007

1005-109

11073 LULAC National Educational Service Centers
lnesc.org (202) 835-9646
Since 1973, LNESC has made a significant impact in Latino educational attainment. Through an array of exceptional educational and leadership development programs, LNESC has contributed to the academic success of nearly 500,000 promising, but disadvantaged, Latino students, and has provided $15 million to over 25,000 minority scholars.
23-7262876

10540 Meals On Wheels Association of America
mowaa.org (866) 517-6366
MOWAA provides funding to community-based senior nutrition programs across the country for delivery of meals and other nutrition services to frail homebound senior citizens. These services improve seniors' nutritional and health status, enable older individuals to avoid premature institutionalization, and preserve their independence and dignity by allowing seniors to remain in their homes. **23-7447812**

10354 Mothers Against Drunk Driving
madd.org (800) 438-6233
Provides national and local programs to educate the public about the dangers and consequences of drunk driving and underage drinking, advocates for strong legislation and enforcement to prevent impaired driving and provide assistance to victims of alcohol-related crashes.
94-2707273

11104 NAACP Legal Defense and Educational Fund
naacpldf.org (800) 221-7822
Fights for equality and access to education, employment, health care, housing, environmental justice, voting rights, and criminal justice. Also monitors laws and helps to shape government policies, educates the public about civil rights issues, and provides scholarships to promising African American undergraduates and law students. **13-1655255**

10355 NAACP Special Contribution Fund
naacp.org (877) 622-2798
Through its 2,200 units nationwide, programs are focused on the protection and advancement of civil rights by eliminating clear disparities between communities within areas of youth services, criminal justice, education, employment, emergency relief, health advocacy, housing, legal assistance. **13-1998814**

10356 National Association of the Deaf nad.org (301) 587-1788
The NAD was established in 1880 by those who believed in the right of the deaf community to use sign language, congregate on issues of importance, and have its interests represented at the national level. Today, the NAD continues to safeguard the rights of deaf and hard of hearing Americans. **94-1358295**

www.charities.org

11631 National Law Enforcement Officers Memorial Fund
nleomf.org (202) 737-3400
Works to generate increased public support for the law enforcement profession by permanently recording and appropriately commemorating the service and sacrifice of law enforcement officers, and to provide information that will help promote law enforcement safety.
52-1382926

11287 National Trust for Historic Preservation in the United States
PreservationNation.org
(800) 944-NTHP
The National Trust for Historic Preservation helps people protect, enhance, and enjoy the places that matter to them. Your support will help provide leadership, education, and advocacy to save America's diverse historic places and revitalize communities for the future.
53-0210807

10350 Native American Rights Fund
narf.org (800) 447-0784
NARF's practice is concentrated in five key areas: the preservation of tribal existence; the protection of tribal natural resources; the promotion of Native American human rights; the accountability of governments to Native Americans; and the development of Indian law and educating the public about Indian rights, laws, and issues. **84-0611876**

11105 Orphan Foundation of America
orphan.org (800) 950-4673
At age 18, most orphans are completely on their own. They "age out" of Foster Care. OFA provides moral and financial support to parentless teens that pursue college or vocational training. OFA's programs are volunteer run; mentoring, leadership training, and scholarships help youth without families become successful and independent adults.
52-1238437

10351 PetSmart Charities
PetSmartCharities.org
(800) 423-PETS
Our charity is a 501(c)(3) non-profit organization and the leading funder of animal welfare programs in North America. Since being established in 1994, PetSmart Charities has donated more than $88 million to spay/neuter, adoption, disaster relief, and educational programs and, through its in-store adoption program, helped save 3.8 million pets. **93-1140967**

11634 Point Foundation, The National Gay and Lesbian Scholarship Fund
pointfoundation.org (866) 337-6468
Point Foundation is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, and transgender (LGBT) students of merit. Point provides financial support, leadership training, mentoring, and hope to LGBT individuals who are marginalized because of their sexual orientation, gender identity, or gender expression. **84-1582086**

11632 Population Connection/ZPG
populationconnection.org
(800) 767-1956
Overpopulation threatens the quality of life for people everywhere. We're a national grassroots population organization that educates young people and advocates progressive action to stabilize world population at a level that can be sustained by Earth's resources. **94-1703155**

11330 ProLiteracy Worldwide
proliteracy.org (888) 528-2224
We are Literacy Volunteers of America and Laubach Literacy International, merged into one international organization working to end illiteracy in the US and in developing countries around the world. Literacy helps end poverty, injustice, discrimination, and violence; we work for a healthier, safer, and more just world though literacy.
16-6076384

10352 Southern Poverty Law Center
splcenter.org (888) 414-7752
SPLC is dedicated to fighting hate and bigotry, and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the Center works toward the day when the ideals of equal justice and equal opportunity will be a reality.
63-0598743

11425 Wounded Warrior Project
woundedwarriorproject.org
(904) 296-7350
Wounded Warrior Project's mission is to honor and empower wounded warriors. WWP serves to raise awareness and enlist the public's aid for the needs of severely injured service men and women, to help severely injured service members aid and assist each other, and to provide unique, direct programs and services.
20-2370934

Children1st
America's Charities ™

10287 Children First - America's Charities
charities.org (800) 458-9505
Children First delivers services addressing the needs of children and their families in communities across the nation and around the world through member agency programs. **30-0186795**

10700 ACTION for Child Protection
actionchildprotection.org
(800) 633-1285
Everyone hurts when a child is hurt. Even parents who maltreat and abuse their kids hurt. No one wants a child to get hurt again. ACTION for Child Protection helps keep children safe by providing their expertise to Child Welfare agencies in protecting children and preserving families. **56-1426213**

10701 Cancer Research for Children - CureSearch (National Childhood Cancer Foundation) curesearch.org (800) 458-6223
CureSearch supports the Children's Oncology Group, the world's largest collaborative research network of over 5,000 dedicated experts in childhood cancer research and treatment, located in over 200 leading hospitals and institutions; treating over 90% of all children with cancer in the U.S. Research is the key to a cure. **95-4132414**

36067 The Children's Health Fund
childrenshealthfund.org (800) 535-7448
Provides health care to homeless and poor children, regardless of their ability to pay; responds to public health crises; and advocates on behalf of children for appropriate health care. Our unique mobile medical clinics and fixed-site clinics offer comprehensive care to more than 75,000 at-risk children and family members annually. **13-3468427**

65105 Children's Hospital
childrensnational.org (800) 787-0021
Serving the nation's children for more than 135 years, Children's is a proven leader in the development of innovative treatments for childhood illness and injury. With the support of the community, we provide world-class care to all families, including those who can't afford to pay for treatment. **53-0196580**

11573 Children's Rights
childrensrights.org (212) 683-2210
A national watchdog organization advocating on behalf of abused and neglected children in the U.S. Since 1995, the organization has used legal action and policy initiatives to create lasting improvements in child protection, foster care, and adoption.
13-3801864

12153 Coptic Orphans Support Association copticorphans.org
(800) 499-2989
An award-winning international Christian development organization that unlocks the God-given potential of disadvantaged children in Egypt, and so equips them to break the cycle of poverty and become change-makers in their communities. Since 1988, Coptic Orphans has equipped over 14,000 children throughout Egypt. **54-1637257**

12007 Father Flanagan's Boys' Home
boystown.org (800) 448-3000
Named by the BBB as an accredited charity. In addition, Boys Town was listed as one of the winners of the "100 Best Communities" for young people with America's Promise Alliance for the third time. Boys Town serves as a beacon of hope, providing the right care for over 50,000 children yearly. **47-0376606**

10987 Fellowship of Christian Athletes
fca.org (800) 289-0909
For more than 55 years, empowering and equipping coaches and athletes with encouragement, resources and training to influence and impact the world for Jesus Christ. Developing positive peer groups while promoting a drug-free lifestyle, and benefitting young people through leadership and sport camp experiences and yearlong student led school activity. **44-0610626**

11874 Give Kids The World
gktw.org (800) 995-5437
Give Kids The World is a nonprofit resort where children with life-threatening illnesses, and their families, are treated to cost-free vacations, complete with accommodations, donated attraction tickets, and more. Give Kids The World has hosted more than 97,000 families from all over the world.
59-2654440

Give Kids The World Village
a magical non-profit resort near Orlando, Florida for children with life-threatening illnesses whose one wish is to visit Central Florida's best-loved attractions. For more information, please contact us at **1-800-995-KIDS** or **www.gktw.org.**

Give Kids The World thanks all of the federal employees and military personnel who have supported us through the years.

Give Kids The World Village
Where Happiness Inspires Hope

210 S. Bass Road • Kissimmee, FL 34746
CFC Code #11874

www.charities.org

28447 Global Fund for Children
globalfundforchildren.org
(202) 331-9003
True change comes from the community level. We support grassroots organizations, worldwide, serving the most vulnerable children, including orphans, street children, children in refugee communities, and those affected by natural disaster. In addition, we publish children's books and invest in films and photography that promote tolerance and children's rights. **56-1834887**

10704 The Hole In The Wall Gang Fund
holeinthewallgang.org (203) 772-0522
Founded by Paul Newman in 1988 as a residential summer camp and year-round center serving children coping with cancer and other life-threatening illnesses. We serve more than 15,000 children annually. Our Outreach program supports seriously ill children in hospitals. All programs are offered free of charge. **06-1157655**

11312 "I Have A Dream" Foundation®
ihaveadreamfoundation.org
(212) 293-5480
We empower children in low-income communities to achieve higher education by providing guaranteed tuition assistance and a long-term program of academic and social support. Local "I Have A Dream" chapters sponsor cohorts of 50-100 students, working with these "Dreamers" from an early age all the way to college. **13-3355315**

12008 Junior Achievement ja.org
(719) 540-8000
Junior Achievement programs help prepare young people for the real world by showing them how to generate wealth and effectively manage it, how to create jobs, and how to apply entrepreneurial thinking to the workplace. Students put these lessons into action, and help strengthen their communities. **84-1267604**

11375 Make-A-Wish Foundation® of America wish.org (800) 722-9474
We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. With the help of generous donors and nearly 25,000 volunteers, we grant a wish every 40 minutes and have granted more than 180,000 in the United States since 1980. **86-0481941**

11574 National Black Child Development Institute
nbcdi.org (800) 556-2234
We work to improve and protect the quality of life of Black children and families. We advocate for the recognition and respect of their voices at the table of social policy, and promote culturally empowering practices through a national affiliate network that provides public awareness and training. **52-0908178**

53503 Nurse-Family Partnership
nursefamilypartnership.org
(866) 864-5226
A nurse-led, evidence-based home visitation program, proven to significantly improve the pregnancy outcomes, child health and development, and economic sufficiency of low-income children and their families. Independent research documents program value in stronger families and a return-on-investment of more than five dollars for every dollar invested in the program. **20-0234163**

11575 Prevent Child Abuse America
preventchildabuse.org (800) 244-5373
Prevent Child Abuse America, founded in 1972, is focused on changing the way our nation thinks about prevention, focusing on community activities and public policies that prioritize prevention right from the start, to make sure child abuse and neglect never occur. **23-7235671**

10948 Reading Is Fundamental, Inc. (RIF) rif.org (877) 743-7323
There are children who grow up without ever owning a book. RIF opens the window to learning and lifelong success by providing books to children. By involving parents and community members in book distributions and reading engagement activities, children are encouraged to continue reading and learning throughout their lifetime. **52-0976257**

11277 Ronald McDonald House Charities® rmhc.org (630) 623-7048
Creates, finds, and supports programs that directly improve the health and well-being of children, worldwide, through its global network of local Chapters and 288 Ronald McDonald House® programs. Its goal is to make an immediate, positive impact on as many children as possible, worldwide. **36-2934689**

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CFC # 77198

Support our educational programs for residents.

Serving Arlington families since 1975.

www.ahcinc.org

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11158 Share Our Strength
strength.org (800) 969-4767
Share Our Strength® is the leading national organization working to end childhood hunger in America. We weave together a net of community groups, activists, and food programs to catch every at-risk child and make sure no kid in America grows up hungry. **52-1367538**

10949 STANDUP FOR KIDS
standupforkids.org (800) 365-4KID
Empowers at-risk and homeless youth toward lifelong personal growth through both on-the-street outreach and in-school deterrent programs. STANDUP FOR KIDS creates sincere self-caring and self-confidence in youth through open, straightforward counseling and educational programs, thereby helping them acquire the life skills necessary to become effective members of their communities. **33-0414855**

11305 Starlight Children's Foundation starlight.org (800) 315-2580
Helping seriously ill children and their families cope with their pain, fear, and isolation through entertainment, education, and family activities. Our array of in-hospital, outpatient, and Web-based programs touch more than 200,000 U.S. children and families each month. **95-3802159**

10950 Teach For America
teachforamerica.org (800) 832-1230
We are the national corps of recent college graduates of all academic majors who commit two years to teach in public schools and become lifelong leaders in expanding educational opportunity. Our mission is to build the movement to eliminate educational inequity by enlisting some of our nation's most promising future leaders in the effort. **13-3541913**

11299 Tiger Woods Foundation, Inc.
tigerwoodsfoundation.org
(888) TWF-KIDZ
Our Vision: We believe in A NEW GENERATION of bold, courageous youth. We inspire NEW PERSPECTIVES and LIMITLESS POSSIBILITIES. We provide opportunities to BE SOMEONE. **06-1468499**

83992 UnitedHealthcare Children's Foundation
uhccf.org (952) 992-4459
The UHCCF facilitates access to health related services that improve the clinical condition and quality of life of children. Specifically, UHCCF provides medical grants to children, up to $5,000, to help families pay for medical services not covered or not completely covered by their commercial health benefit plan. **52-2177891**

www.charities.org

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a humane society starts with you

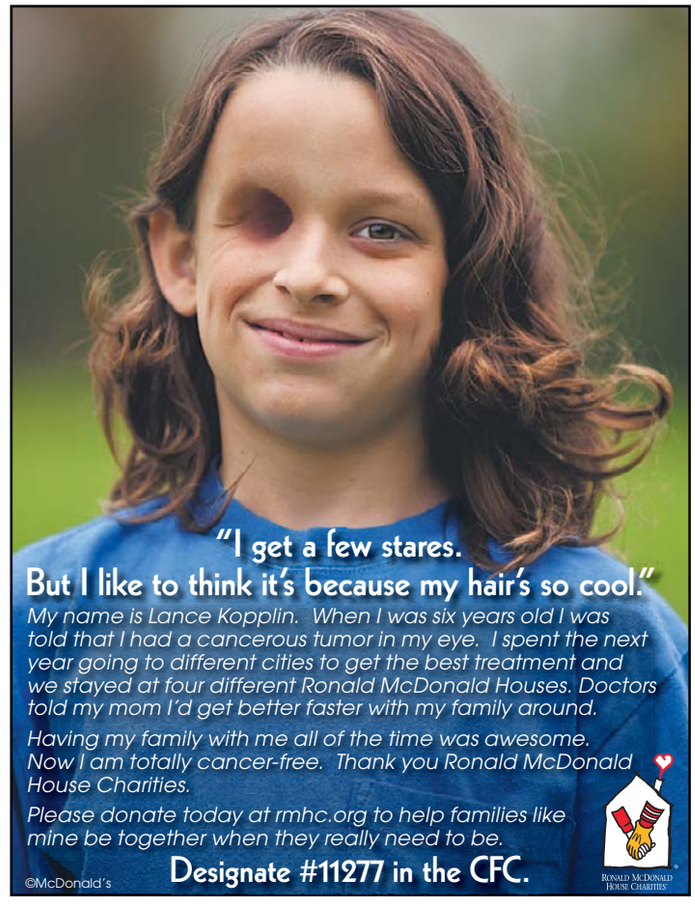
Every act of kindness counts.

Join our 11 million supporters, one in every 28 Americans, who are making a difference for animals. Visit **humanesociety.org** to find out what you can do.

Please support our work by designating #11894 for your CFC contribution.

THE HUMANE SOCIETY OF THE UNITED STATES

Celebrating Animals | Confronting Cruelty



"I get a few stares.
But I like to think it's because my hair's so cool."

My name is Lance Kopplin. When I was six years old I was told that I had a cancerous tumor in my eye. I spent the next year going to different cities to get the best treatment and we stayed at four different Ronald McDonald Houses. Doctors told my mom I'd get better faster with my family around.

Having my family with me all of the time was awesome. Now I am totally cancer-free. Thank you Ronald McDonald House Charities.

Please donate today at rmhc.org to help families like mine be together when they really need to be.

©McDonald's

Designate #11277 in the CFC.

Ronald McDonald House Charities

No disease is rare when it strikes someone you love.

NORD
National Organization for Rare Disorders

CFC #11992

P.O. Box 1968 • Danbury, CT 06813-1968
1-800-999-NORD • www.rarediseases.org

For over 25 years, the National Organization for Rare Disorders (NORD) has helped the more than 25 million Americans who have rare diseases. Your donation will help fund NORD's programs of:

- Education
- Advocacy
- Research
- Patient services

www.charities.org

Health1st America's Charities™

10963 Health First - America's Charities charities.org (800) 458-9505
Supporting those facing life-threatening illness, giving comfort and aid, conducting much-needed research, member organizations' programs provide services that may be found nowhere else. **30-0186796**

12117 Alzheimer's and Aging Research Center aging-research.org (800) 877-0019
Stop the suffering caused by Alzheimer's and other aging-related medical conditions! Your support makes exciting new research possible. Just $25 per month buys crucial lab supplies, or sends a scientist to an important international meeting in order to share research results and to establish productive partnerships with other medical experts. **33-0950810**

10892 Arthritis & Chronic Pain Research Institute pain-research.org (800) 877-4166
Chronic pain caused by arthritis, cancer, and other conditions cripples 86 million Americans. Your support helps scientists working on understanding and treating chronic pain. We've pushed one possible treatment into clinical trials, but we won't stop there! Please help us continue searching for pain relief – for the benefit of all. **33-0950814**

11148 Black Women's Health Imperative blackwomenshealth.org (202) 548-4000
An advocacy, education, and leadership development non-profit organization devoted to helping the nation's 19.5 million Black women and girls lead healthier lives. It promotes the empowerment of Black women as educated health care consumers and caregivers, as well as strong voices for the elimination of racial, gender, and health disparities. **58-1557556**

12193 Breast Cancer Coalition stopbreastcancer.org (800) 622-2838
Dedicated to ending breast cancer through grassroots action, advocacy, and education. We increase funding for meaningful research; monitor how funds are spent; expand access to quality care for all; provide critical information to anyone diagnosed with the disease; and ensure trained advocates influence all decision making that impacts breast cancer. **52-1782065**

11074 Cancer Research and Prevention Foundation (Prevent Cancer Foundation) preventcancer.org (800) 227-2732
For nearly 25 years, your donations have supported carrying out our mission of funding cancer prevention research, educating people about how they can prevent cancer, and supporting cancer prevention programs in communities across the nation. **52-1429544**

11716 Christopher and Dana Reeve Foundation ChristopherReeve.org (800) 225-0292
The Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis, through grants, information and advocacy. **22-2939536**

warning:

Hearing the truth about breast cancer may surprise you. And it should motivate you.

Three million women in the United States have breast cancer today...
A million of them don't know it yet.

Join us in our mission to end breast cancer, designate **CFC# 12193.**

NBCC
National Breast Cancer Coalition Fund

1101 17th Street, NW, Suite 1300, Washington, DC 20036 P 202.296.7477 F 202.265.6854 **StopBreastCancer.org**
© National Breast Cancer Coalition

11149 Diabetes Research Institute Foundation, Inc.
diabetesresearch.org (800) 321-3437
A recognized world leader in cure-focused research and a pioneer in developing methods to restore insulin production in those living with this devastating disease. For the millions of families already affected by diabetes, the Diabetes Research Institute is the best hope for a cure. **59-1361955**

11990 Dystrophic Epidermolysis Bullosa Research Association of America debra.org (866) 332-7276
Direct services and research support for Epidermolysis Bullosa, a devastating and sometimes fatal skin disease characterized by fragile skin that forms severe blisters from the slightest friction, and causes wounds and extreme pain. Present at birth, EB causes a lifetime struggle against injury, infection and social isolation. **11-2519726**

10577 Flu (Influenza): Infectious Disease Research Center
infection-research.org
(800) 877-9541
Influenza and viral illnesses such as HIV/AIDS kill millions each year. With your help, scientific research can discover vaccines and drug treatments for infectious diseases. A few dollars buys safety goggles, latex gloves, and reagents for experiments. Each dollar provided for today's research brings us closer to tomorrow's cures. **33-0950809**

10362 Hospice America (American Hospice Foundation)
americanhospice.org (202) 223-0204
The voice of dying and grieving individuals. Its mission is to increase access to quality hospice care so that more people can die at home, with dignity and free of pain. The Foundation provides successful programs to help grieving family members, especially in the workplace and in schools. **52-1823611**

12006 International Planned Parenthood Federation, Western Hemisphere Region
ippfwhr.org (866) 477-3947
Improves the quality of life of individuals by campaigning for sexual and reproductive health and rights, through advocacy and services, especially for poor and vulnerable people. Defends the right of all young people to have sexual lives free from ill-health, unwanted pregnancy, violence, and discrimination. Strives to eliminate sexually transmitted infections and to eradicate HIV/AIDS. **13-1845455**

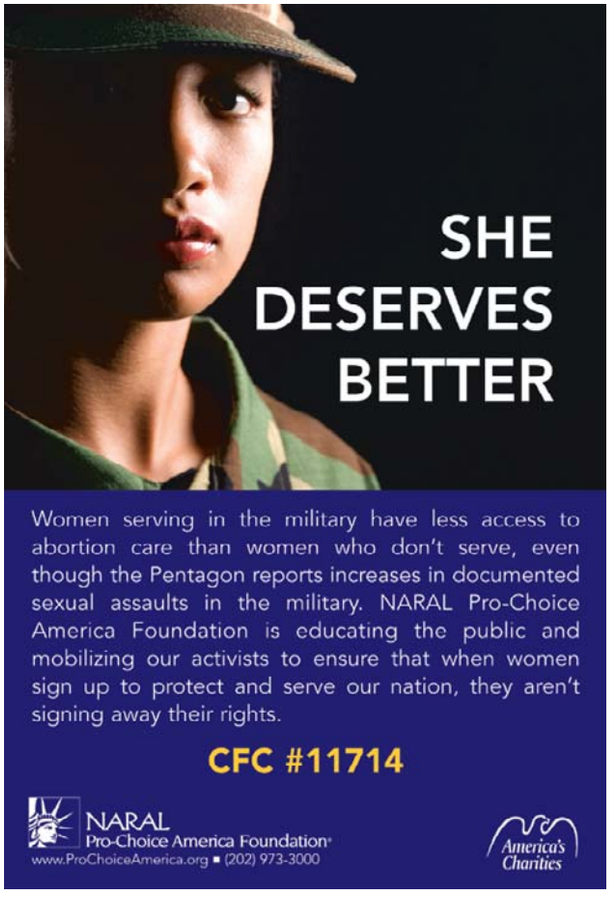
11991 Lance Armstrong Foundation livestrong.org
(877) 236-8820
Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Lance Armstrong Foundation (LAF) unites people through programs and experiences. The LAF empowers cancer survivors to live life on their own terms and raises awareness and funds for the fight against cancer. Unite and fight cancer at LIVESTRONG.org. **74-2806618**

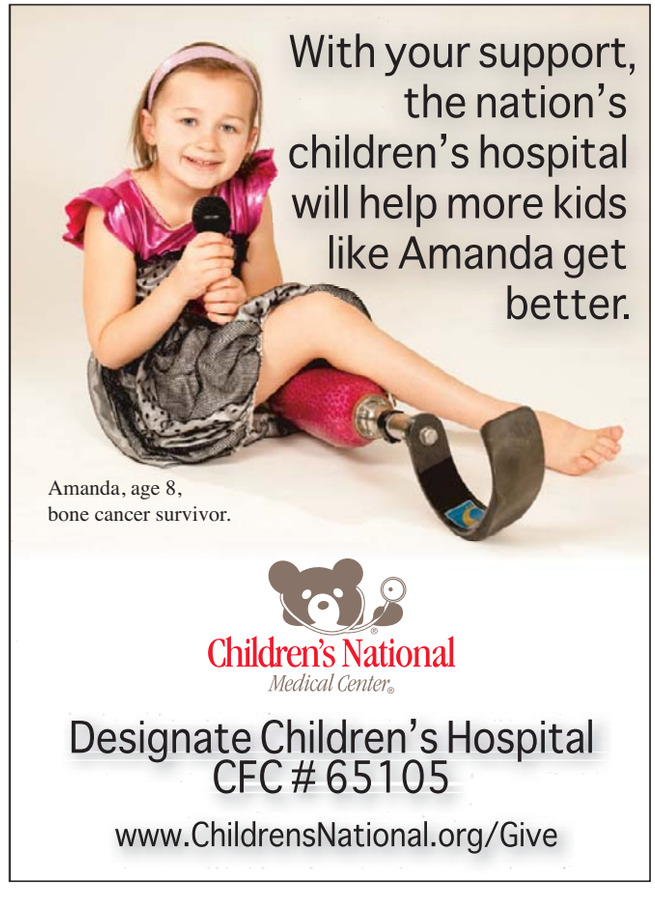
11150 Multiple Sclerosis Association of America msassociation.org
(800) 833-4672
Enriching the quality of life for individuals with multiple sclerosis, and their loved ones, with a range of programs bringing support and services that ease day-to-day challenges for people with MS. We provide services such as free equipment distribution, a Helpline, free MRIs for the uninsured, life coaching, and much more. **22-1912812**

11714 NARAL Pro-Choice America Foundation ProChoiceAmerica.org
(202) 973-3000
Educates and mobilizes informed and vocal pro-choice activists nationwide. In partnership with 20 affiliates, defends a woman's right to choose, advances policies to make abortion less necessary, and ensures that men and women have the means to make informed and responsible reproductive decisions, free from government interference.
52-1100361

11151 National Down Syndrome Society ndss.org (800) 221-4602
Committed to being the national advocate for the value, acceptance, and inclusion of people with Down syndrome. We envision a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations, and become valued members of welcoming communities.
13-2992567

11152 National Marfan Foundation marfan.org
(800) 862-7326
Marfan syndrome, a genetic disorder of the body's connective tissue, is a chronic and progressive disorder, which, if undiagnosed, can cause sudden death. It affects men, women, and children of all races and ethnic groups. NMF provides comprehensive research, patient care, public and professional education, and advocacy programs for families affected by this disorder. **52-1265361**





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Designate WETA: For you, your family, and the community.

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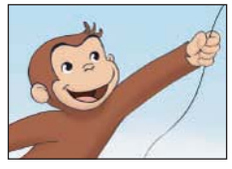

Films by Ken Burns • *Masterpiece* • *Antiques Roadshow* *The NewsHour with Jim Lehrer* • *Washington Week with Gwen Ifill and National Journal* • *NOVA* • *A Capitol Fourth* • *National Memorial Day Concert* • *Curious George* • *Arthur* • The WETA Movie • Local productions spotlighting Washington from WETA TV 26

Classical Music • The Metropolitan Opera • *Front Row Washington*

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CFC

WETA • P.O. Box 96100, Washington, DC 20090-6100
www.weta.org

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57456 Community1st - America's Charities
www.charitiesdc.org (800) 458-9505
Helping you help others, our goal is providing member charities with the financial resources required to meet emerging needs. Community1st - America's Charities addresses the needs of children, families, the hungry and the sick, in your community and across the nation. Support America's Charities and you help support America's most-loved causes. **01-0914846**

21120 A Wider Circle
www.awidercircle.org (301) 608-3504
The provision of beds, dressers, and other basic need items to families transitioning out of battered women's and homeless shelters or to people simply living without life's necessities. This is coupled with the delivery of health and wellness programming for children and adults in low-income schools, shelters, and community centers. **52-2345144**

77198 AHC Inc. www.ahcinc.org
(703) 486-0626
AHC Inc.'s mission is to secure affordable rental and owner-occupied housing for low-and moderate-income families/ individuals, ensure the properties we own enhance the quality of life in neighborhoods where they are located, and improve the quality and potential of residents' lives through coordinating and providing appropriate social services. **54-1026365**

88425 Anacostia Watershed Society www.anacostiaws.org
(301) 699-6204
Since 1989, we have endeavored to restore and protect the heavily-polluted Anacostia River for the health and enjoyment of local communities and visitors to the Washington, D.C. metropolitan area. Our ultimate goal is to return the river to a swimmable and fishable condition in accordance with the Clean Water Act. **52-1666511**

60981 Arts and Humanities Council of Montgomery County
www.creativemoco.com
(301) 565-3805
Supports Montgomery County's creative community through grantmaking, advocacy, capacity-building programs, artist training and arts marketing. Outreach ensures that arts and culture are accessible to all via targeted programs for at-risk children and youth, gang prevention, schools, families, seniors. Provides information via cultural calendars and directories, festivals, cultural programs and more. **52-1086825**

11992 National Organization for Rare Disorders (NORD)
rarediseases.org (800) 999-6673
A federation of voluntary health organizations and individuals dedicated to helping people with rare "orphan" diseases. NORD is committed to the identification, treatment, and cure of rare disorders through education, advocacy, services, and research. NORD is an information clearinghouse for rare disease information and referrals to appropriate resources. **13-3223946**

11154 Ovarian Cancer Research Fund
ocrf.org (800) 873-9569
Leading the fight against ovarian cancer, our organization's mission is to fund the best researchers in the country - helping them discover methods of early detection, better treatments, and ultimately a cure. Our organization also seeks to support patients and their families, provide education programs, and raise awareness of the disease. **13-3806788**

11715 Tuberous Sclerosis Alliance
tsalliance.org (800) 225-6872
Founded in 1974, the TS Alliance is the only national voluntary health agency dedicated to finding a cure for TSC while improving the lives of those affected. TSC is a genetic disorder characterized by seizures and tumor growth in vital organs such as the brain, heart, kidneys, lungs and skin. **95-3018799**

88763 United Cerebral Palsy
ucp.org (800) 872-5827
UCP affiliates serve more than 176,000 children and adults with disabilities, and their families, every day. Our affiliates provide services such as housing, therapy, early intervention programs, and employment assistance. **20-3568840**

Helping You Help Others

www.charities.org

39664 Capital Hospice
www.capitalhospice.org
(703) 538-2065
Provides expert medical care and emotional, spiritual and practical support to more than 850 seriously ill patients and their families each day, regardless of their ability to pay, grief counseling to the community and education to the health care community. **54-1920770**

24770 Catholic Charities of the Diocese of Arlington, Inc.
www.ccda.net (703) 841-3830
Is a nonprofit, social service agency meeting the needs of families, individuals and communities. Every program and service is open to all regardless of religious affiliation or race. For over 60 years, have furnished assistance to the hungry, homeless, the very poor, the troubled, and those with special needs throughout the 21 counties and 7 incorporated cities of Northern Virginia. **54-0515706**

10324 The Children's Inn at NIH
www.childrensinn.org
(800) 644-4660
Provides "a place like home" for children and their families participating in groundbreaking medical treatments at The National Institutes of Health (NIH). Last year, 1,403 families stayed at The Inn. There is no charge to stay at The Inn or to participate in our programs. **52-1638207**

38270 Duke Ellington School of the Arts www.ellingtonschool.org
(202) 333-2555
A unique public high school whose mission is to nurture and inspire passion for arts and learning in talented students who might not otherwise have the opportunity. Offers an intensive college preparatory curriculum and training in eight arts disciplines. 98% of seniors graduate and 95% are accepted into college. **31-1705384**

68151 Fairfax Court Appointed Special Advocates, Inc.
www.casafairfax.org (703) 273-3526
Fairfax CASA identifies and supports volunteers (through recruitment, screening, training and supervision) who serve as advocates for children whose families have been cited for abuse and neglect in the Fairfax County Juvenile Court. These volunteers investigate and monitor each case, submit a written report to the court, and assist in the guardian ad litem's legal representation. Volunteers have one-on-one contact with the children, family members and other professionals to ensure that each child's needs are met. **54-1555197**

33770 Higher Achievement Program www.higherachievement.org
(202) 544-3633
Provides year-round rigorous academic enrichment programming to motivated middle school students from underserved communities, resulting in placement to top college preparatory high schools. After 1 year in the program, scholars' GPAs jump from 2.7 to 3.0. 90% of 2009 graduates have moved onto college preparatory high schools. **52-1383374**

83599 House of Ruth
www.houseofruth.org (202) 667-7001
Provides housing and intensive services in Washington, DC to help women, children and families overcome homelessness, domestic violence and abuse. Closely monitors outcomes and each woman's and child's progress. Helps more than 600 women and children at a time (and over 1,100 annually) to achieve greater safety and stability. **52-1054102**

58126 Lorton Community Action Center (LCAC) www.lortonaction.org
(703) 339-5161
LCAC, established in 1975, is a 501(c)(3) nonprofit organization dedicated to enhancing the quality of life for individuals and families through a variety of programs and services. LCAC's mission is more easily understood when broken down into two categories - assistance and outreach. LCAC provides food, financial, furniture and clothing assistance to individuals and families on a regular basis. Our food pantry serves approximately 172 families a week. **51-0181451**

67041 Make-A-Wish Foundation® of the Mid-Atlantic, Inc.
www.midatlantic.wish.org
(301) 962-9474
A nonprofit organization that fulfills the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. The Foundation serves children who reside in Maryland, the District of Columbia, Northern Virginia and Delaware and has fulfilled the wishes of more than 6,000 children. **52-1306075**

27085 Miriam's Kitchen
www.miriamskitchen.org
(202) 452-8926
We provide high-quality meals and support services to more than 4,000 homeless men and women in Washington, DC each year. In 2008 alone, we served 55,272 healthy meals, provided case management services to 2,456 unduplicated guests and partnered with 1,250 volunteers. **52-1331552**

85936 Montgomery Hospice, Inc.
www.montgomeryhospice.org
(301) 921-4400
A nonprofit hospice serving Montgomery County, MD. A team of doctors, nurse practitioners, nurses, spiritual counselors, social workers, certified nursing assistants, grief counselors and volunteers works with patients and families to provide compassionate, professional end-of-life care in homes, extended care facilities and at Casey House, an acute-care facility. **52-1114719**

72369 Rebuilding Together Alexandria
www.rebuildingtogetheralex.org
(703) 836-1021
Partner with volunteers to repair and revitalize homes/communities, ensuring low-income homeowners live in warmth, safety and independence. The result of our work in the City of Alexandria is to improve the quality of life and safety of homeowners in our community and to preserve home ownership and affordable housing. **54-1389286**

15005 Ronald McDonald House Charities® of Greater Washington D.C., Inc. www.rmhc.greaterdc.org
(202) 529-8204
Provides housing and other support services for seriously ill children, and their families, in an atmosphere of encouragement and comfort. Services are provided to children and families treated in area hospitals. Some grants are made to other charitable organizations to assist with programs for children in the Washington, D.C. area. **52-1132262**

79985 The Shepherd's Table
www.shepherdstable.org
(301) 585-6463
Shepherd's Table is Montgomery County's oldest resource center for people experiencing homelessness and poverty, providing a wide range of basic human services, including an evening meal seven nights a week. Additionally Shepherd's Table provides social services, clothing, crisis intervention, eye care, prescription assistance, and medical assistance through a partnership with Mobile Med. **52-1381738**

56138 Signature Theatre, Inc.
www.signature-theatre.org
(703) 820-9771
Under the leadership of Co-founder and Artistic Director Eric Schaeffer and Managing Director Maggie Boland, Signature produces contemporary musicals and plays, reinvents classic musicals, and develops new work. To date, Signature has presented over 26 world premiere productions – including 13 musicals – and and is renowned for combining Broadway-quality productions with intimate playing spaces. **62-1417785**

91855 WAMU 88.5 American University Radio
www.wamu.org (202) 885-1230
WAMU 88.5 is the leading public radio station for news and information in the Washington, D.C., area. With more than 700,000 listeners, WAMU 88.5 features NPR news and programs, its own nationally syndicated production, The Diane Rehm Show, and popular local programs like The Kojo Nnamdi Show and Metro Connection. **53-0196549**

40585 The Wellness Community-Greater Washington, DC
www.wellnesscommunitydc.org
(888) 793-well
The Wellness Community helps people affected by cancer enhance their health and well-being through participation in a professional program of emotional support, education and hope. All programs at The Wellness Community are provided free of charge to participants. **20-3792198**

99581 WETA (Greater Washington Educational Telecommunications Association) www.weta.org
(703) 998-2600
A public television and radio broadcaster serving Washington with TV 26 and Classical 90.9 FM, Washington's only classical music station. The programs we produce for PBS create exceptional television including The NewsHour with Jim Lehrer, Washington Week and Ken Burns' documentaries. **53-0242992**

38871 Whitman-Walker Clinic
www.wwc.org (202) 797-3520
Provides health care services to anyone in the community, regardless of sexual orientation, gender identity or HIV status. Our specialty is compassionate medical care and supportive services for the gay, lesbian, bisexual and transgender communities and those living with or affected by HIV/AIDS. **52-1122122**

98682 Youth For Tomorrow - New Life Center, Inc.
www.youthfortomorrow.org
(703) 368-7995
Founded by Hall of Fame Redskins Coach Joe Gibbs in 1986, Youth For Tomorrow is a residential youth home and private school in Bristow, Virginia for at-risk teenage boys and girls. We provide a safe, healthy, and compassionate environment for youth who have been abandoned, abused, or otherwise alienated from family and community. 52-1342268

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José Francisco Gallardo was a Brigadier General in the Mexican Army. He was thrown in jail for saying the military should protect human rights. Millions of Amnesty International members around the world wrote letters demanding his release. And it worked. He is now free - to be a husband, a father, and a powerful voice for human rights in Mexico.

#10363

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Designate **CFC #11375** on your pledge card.

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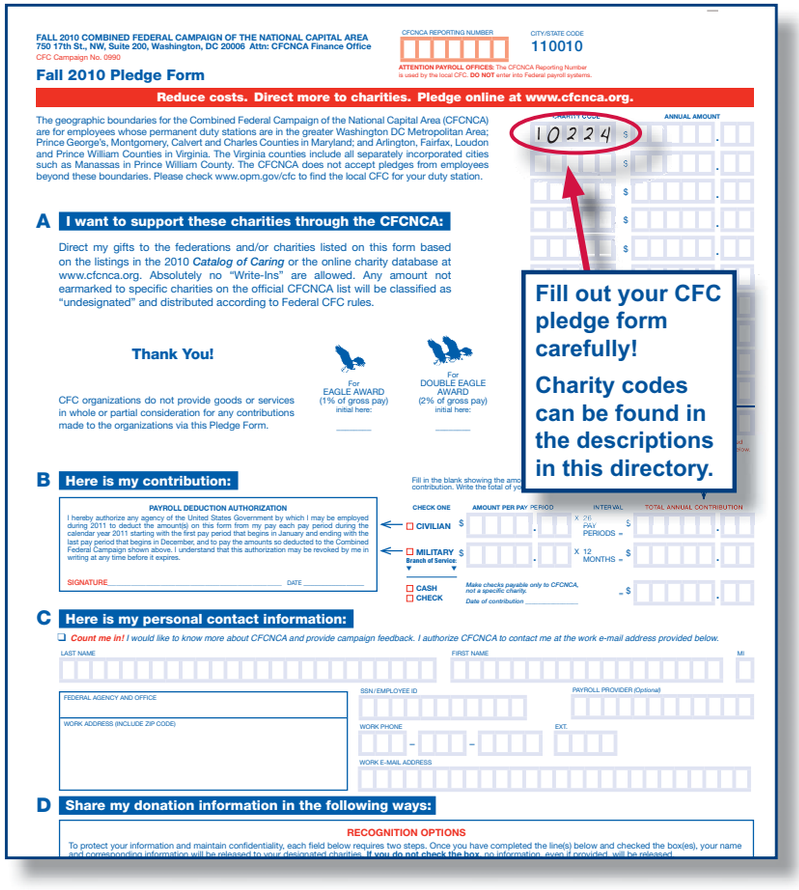


FALL 2010 COMBINED FEDERAL CAMPAIGN OF THE NATIONAL CAPITAL AREA
750 17th St., NW, Suite 200, Washington, DC 20006 Attn: CFCNCA Finance Office
CFC Campaign No. 0990

CFCNCA REPORTING NUMBER

CITY/STATE CODE 110010

ATTENTION PAYROLL OFFICES: The CFCNCA Reporting Number is used by the local CFC. DO NOT enter into Federal payroll systems.

Fall 2010 Pledge Form

Reduce costs. Direct more to charities. Pledge online at www.cfcnca.org.

The geographic boundaries for the Combined Federal Campaign of the National Capital Area (CFCNCA) are for employees whose permanent duty stations are in the greater Washington DC Metropolitan Area; Prince George's, Montgomery, Calvert and Charles Counties in Maryland; and Arlington, Fairfax, Loudon and Prince William Counties in Virginia. The Virginia counties include all separately incorporated cities such as Manassas in Prince William County. The CFCNCA does not accept pledges from employees beyond these boundaries. Please check www.opm.gov/cfc to find the local CFC for your duty station.

CHARITY CODE 10224 ANNUAL AMOUNT

A I want to support these charities through the CFCNCA:

Direct my gifts to the federations and/or charities listed on this form based on the listings in the 2010 *Catalog of Caring* or the online charity database at www.cfcnca.org. Absolutely no "Write-Ins" are allowed. Any amount not earmarked to specific charities on the official CFCNCA list will be classified as "undesignated" and distributed according to Federal CFC rules.

Thank You!

CFC organizations do not provide goods or services in whole or partial consideration for any contributions made to the organizations via this Pledge Form.

For EAGLE AWARD (1% of gross pay) initial here:

For DOUBLE EAGLE AWARD (2% of gross pay) initial here:

Fill out your CFC pledge form carefully!

Charity codes can be found in the descriptions in this directory.

B Here is my contribution:

PAYROLL DEDUCTION AUTHORIZATION

I hereby authorize any agency of the United States Government by which I may be employed during 2011 to deduct the amount(s) on this form from my pay each pay period during the calendar year 2011 starting with the first pay period that begins in January and ending with the last pay period that begins in December, and to pay the amounts so deducted to the Combined Federal Campaign shown above. I understand that this authorization may be revoked by me in writing at any time before it expires.

SIGNATURE DATE

CHECK ONE | AMOUNT PER PAY PERIOD | INTERVAL | TOTAL ANNUAL CONTRIBUTION

CIVILIAN $. X 26 PAY PERIODS = $.

MILITARY $. X 12 MONTHS = $.

Branch of Service

CASH

CHECK

Make checks payable only to CFCNCA, not a specific charity.

Date of contribution

= $.

C Here is my personal contact information:

Count me in! I would like to know more about CFCNCA and provide campaign feedback. I authorize CFCNCA to contact me at the work e-mail address provided below.

LAST NAME FIRST NAME MI

FEDERAL AGENCY AND OFFICE

SSN/EMPLOYEE ID

PAYROLL PROVIDER (Optional)

WORK ADDRESS (INCLUDE ZIP CODE)

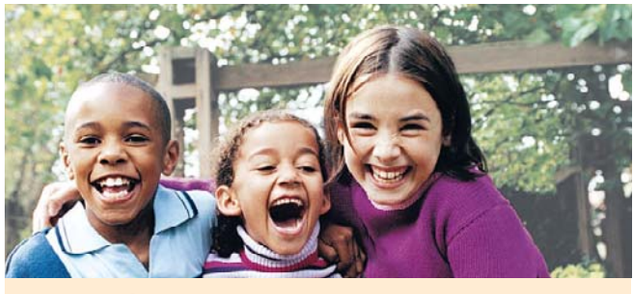
WORK PHONE EXT.

WORK E-MAIL ADDRESS

D Share my donation information in the following ways:

RECOGNITION OPTIONS

To protect your information and maintain confidentiality, each field below requires two steps. Once you have completed the line(s) below and checked the box(es), your name and corresponding information will be released to your designated charities. If you do not check the box, no information, even if provided, will be released.



The gift you give has the power to change lives.

A grant from UnitedHealthcare Children's Foundation (UHCCF) provides financial support for families who have children with medical needs not covered or not fully covered by their commercial health benefit plan.

For more information, visit www.uhccf.org.

UnitedHealthcare Children's Foundation

Designate CFC# 83992 on your pledge card

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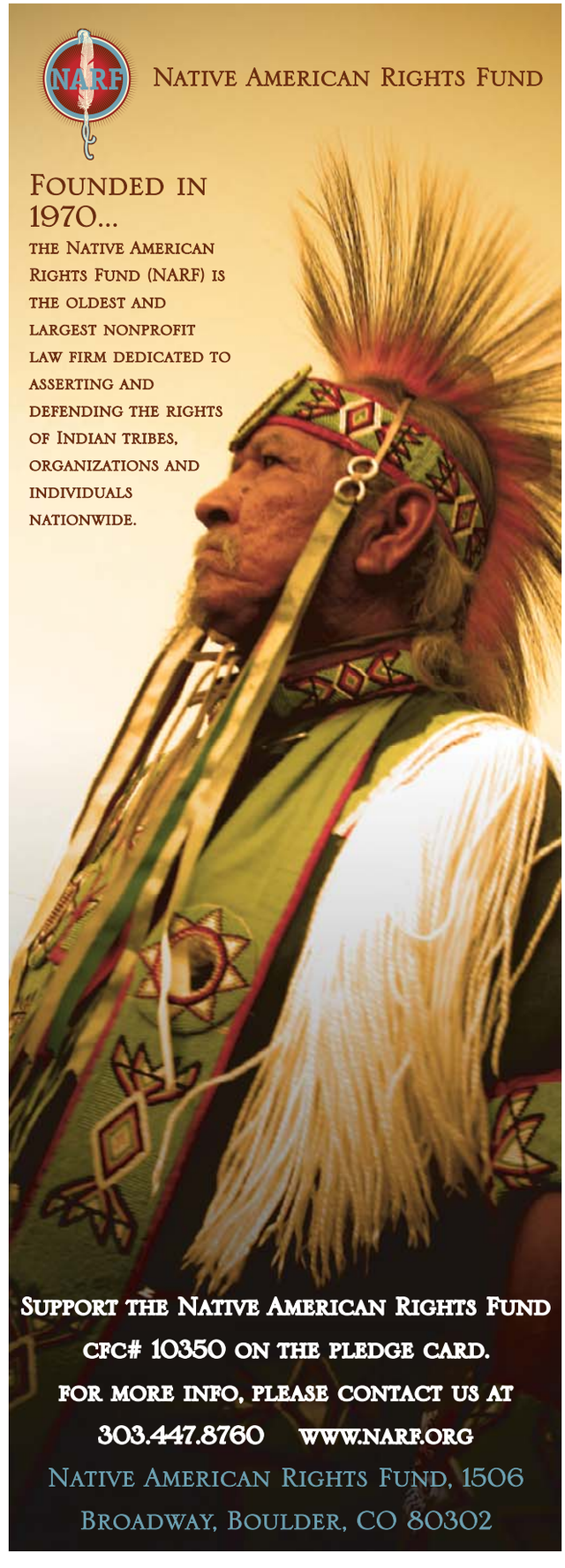
UHCEW483376-000



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Yes. One in five American children is hungry. You can affect that number by supporting Feed The Children through the Combined Federal Campaign. Please, join with Feed The Children and become a valuable part of Americans Feeding Americans. Thank you.

www.FeedTheChildren.org

To give through the Combined Federal Campaign please check Feed The Children, #10986.

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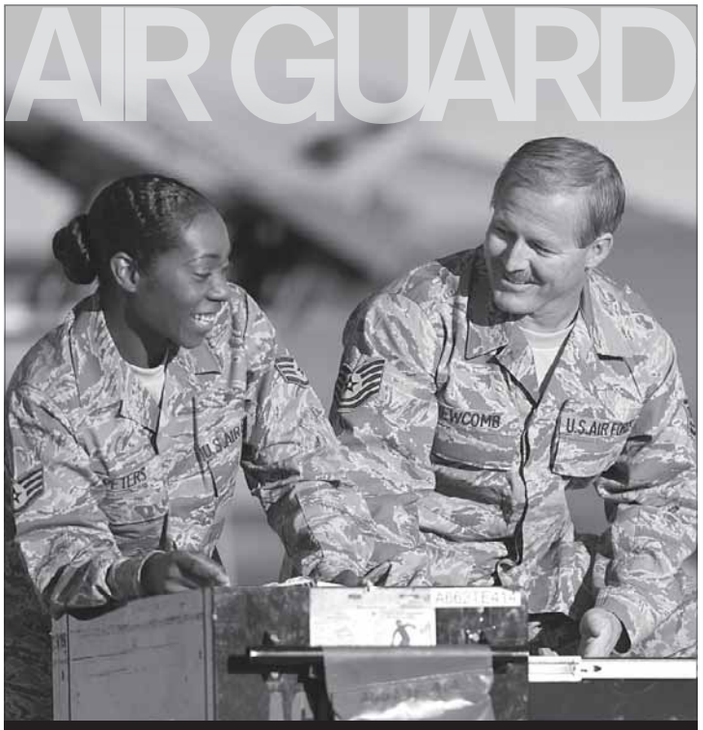

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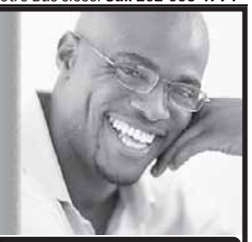

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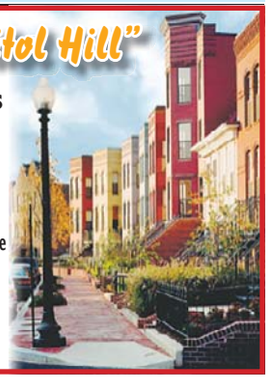

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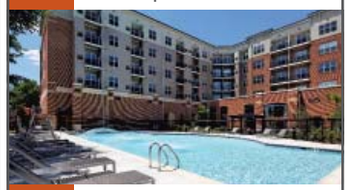

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Oprah and Whoopi forget what they were fighting about **43**

Sound Bets

COURTESY ALAN OLDHAM

Techno Time

Many lament how record stores are no longer the prime gathering place for discovering new sounds, but not me: My music-discovery process has mostly been solitary, not communal, so the Internet is fine.

But when I saw that the shop Record Time in my home state of Michigan was closing, a wave of memories flowed in — and how just visiting there introduced me to a flood of great music, whether or not I spoke to anybody.

By Christopher Porter

Twenty years ago I would rush around grabbing indie-rock records, but I was also attracted to the techno pounding in Record Time's glassed-off room. Digging through piles of white-label 12-inches was intimidating, but real DJs hung out there and test-drove tunes, including Alan Oldham, above, whose WDET radio show, "Fast Forward," promoted local legends such as Carl Craig and Richie Hawtin (who spins Monday at U Street Music Hall).

I experienced some by-osmosis music-store revelation at Silver Spring's Vinyl Ink, but nothing as fondly recalled as Oldham endlessly spinning Cajmere's "Percolator" as Record Time patrons wondered whether there was a skip in the hypnotically manic techno jam.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Extra 'Darkness'

MICHAEL WILLIAMSON/TWP

Private Time With the Boss
One of the videos in the "Darkness on the Edge of Town" collection gives viewers an up-close-and-personal view of Bruce Springsteen and his E Street Band as they perform an entire set for themselves — without an audience — in 2009 at the Paramount Theatre in Asbury Park, N.J. Grammy and Emmy award-winning director Thom Zimny created the film, which received a wild response at its big-screen premiere at Manhattan's stately Ziegfeld Theatre during the recent DOC NYC film festival. (AP/EXPRESS)

Bruce Springsteen unearths discarded songs and footage on his 'Promise' box set

Album Review

In 1977, Bruce Springsteen found himself in the kind of predicament that most rock musicians dream about: He had to record a follow-up to "Born to Run," his instantly iconic 1975 album that embodied all the excitement and grandeur of American rock 'n' roll.

Sequestered at a farm in Holmdel, N.J., Springsteen wanted to make a very different kind of album, one that might puncture the heady freedoms of its predecessor. "Darkness on the Edge of Town" is, as its title suggests, bleak and anguished, as if all the dreams of "Born to Run" had failed to come true. Discarding that album's exuberant wall of noise, Springsteen wanted a more introspective sound that would have a huge rock impact but would separate the E Street Band members and reinforce the sense of isolation in his lyrics.

The result is one of the Boss' most haunted albums, a collection of bracing rock songs tinted with a vague fear that he can only call "something in the night." Springsteen's characters cling desperately to their dreams even in the face of grimmest reality.

That sense of hard-won determination makes Columbia's new edition of "Darkness on the Edge of Town" less like a stuffy rock-history artifact and more like a ghost echo emanating from the past, yet still powerful in the present. As familiar as songs like the title track and "Badlands" may be, they find new life on this deluxe set, which includes three DVDs (a documentary and three live sets) as well as two CDs of contemporaneous outtakes, titled "The Promise" (the outtakes are available separately).

Like the 1998 rarities box set "Tracks," "The Promise" shows just how deep and rich Springsteen's archives are. He has cast aside enough songs for two or three more careers, and most of them are surprisingly good. STEPHEN M. DEUSNER

Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

1 Eat Up

"Life Is Sweet" is one of those gimmicky fund-raisers that didn't need a gimmick — D.C.'s top chefs team up with regular citizens to make great food. Really, we're fine with just watching the chefs! And eating the food! Participants this year include RJ Cooper, Cathal Armstrong and former White House pastry chef Roland Mesnier. ***Audi of America Headquarters, 2200 Ferdinand Porsche Drive, Herndon, Va.; 7 p.m., $100; 703-533-9420.***

2 The Distracted Lifestyle

They say the iPad is destroying our ability to focus. Or the Internet, or something. We didn't finish the article. But anyway! Movies! Movies are so long these days! We wish we could spend an evening watching just bite-size films. But not those short indie films that mean things. Enter Coming Attractions Night, a regular event where audiences watch a whole bunch of previews in a row. ***E Street Cinema, 555 11th St. NW; 7 p.m., $8; 202-452-7672. (Metro Center)***

3 Astronaut Chic

Though astronauts are hardly known for their fashion sense, the outfits they wear on missions are marvels of science. So, don't expect a lot of aesthetic chatter in "Suited for Space," a talk about the design of the modern space suit, but do expect some discussion of, well, we'll go out on a limb and say gravity. And probably oxygen. ***National Air and Space Museum, 6th Street and Independence Avenue SW; 8 p.m., free; 202-633-1000. (Smithsonian)***

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MOVIES
Eye candy aside, "Eat Pray Love" can't be described as a home run. 23

Weekend

Hidden Charms
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Positive Singing

Keith Urban didn't let calamity get in the way of his new disc

Album Preview

May 3 presented a very strange mix of events in Keith Urban's life.

Capitol released his cheery single, "I'm In," to country radio stations. He planned to start recording a new album. And then the Cumberland River and a network of creeks overflowed their banks.

It was, as Nashville residents say, a thousand-year flood, one that swamped a few significant locations, including the SoundCheck music storage facility downtown. Scads of instruments were destroyed at SoundCheck, including models owned by Urban. That obviously set back his plans to record.

Urban didn't sulk. He didn't pout, and he didn't curse his luck. Instead he went out and bought a new instrument and showed up at the studio 24 hours later, ready to start cutting what would become the "Get Closer" album, out Tuesday.

LARRY BUSACCA/GETTY IMAGES

A Nashville flood wrecked Keith Urban's instruments but not his motivation.

"When I made my first record, I only owned one guitar, so I've made records with very little before," Urban says. "I always embrace a challenge, and for me, it was just saying, 'We've got the songs, we're ready to go, we're gonna make this work.'

Keith Urban
Get Closer

During the next five months, Urban fashioned "Get Closer" as an album about relationships, including those with his fans, guitars and car.

On first listen, "Get Closer" sounds like a fairly typical Urban album. But on repeated exposure, it seems more fluid, more seamless, more relaxed. "He's never played like this before, and it can't be measured in chops or anything like that, but it's in subtleties that he's never had," says producer Dann Huff. **TOM ROLAND (BILLBOARD.COM)**

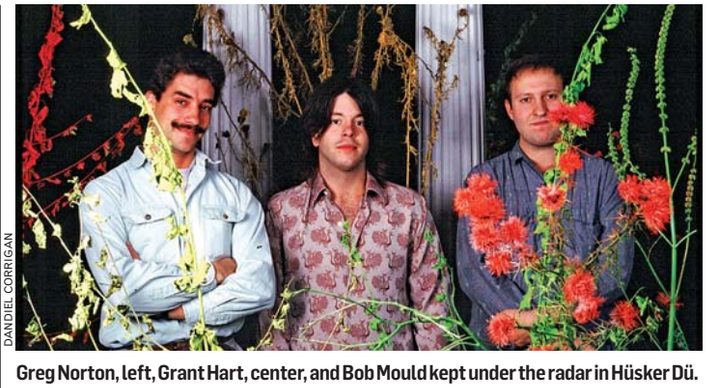
Hüsker Dü Gets Its Due

Books

Hüsker Dü was just a humble Minneapolis hardcore band in the late '70s. Its records sold modestly, and it never really broke through to the mainstream. But time revealed its influence on the indie-rock explosion of the 1990s and beyond, as author Andrew Earles explores in "Hüsker Dü: The Story of the Noise-Pop Pioneers Who Launched Modern Rock" ($24, Voyageur Press).

Earles has a detached perspective on the band: He explains right away that he never saw it perform and was never part of its late-'70s/early-'80s Minneapolis/St. Paul scene. This objectivity makes the book more history text than fanboy gushing.

But what makes it captivating are the interviews Earles conducts. His narrative is peppered with quotes from bassist Greg Norton and drummer Grant Hart as well as scads of other key players in the Minnesota scene — Chris Osgood of the Suicide Commandos, Twin/Tone Records co-founder Peter Jesperson and Terry Katzman, with whom Hüsker Dü formed Reflex Records — and other contemporaries such as Steve Albini and the Minutemen's Mike Watt.



DANDIEL CORRIGAN

Greg Norton, left, Grant Hart, center, and Bob Mould kept under the radar in Hüsker Dü.

What this all adds up to is a comprehensive history, not only of Hüsker Dü, but of how the band made a lasting mark on music. Earles illustrates why the Hüskers had something special: They ran their own label, they sold records on tour and they played songs live that they hadn't yet recorded — all of which sounds pretty obvious now.

CATHERINE LEWIS

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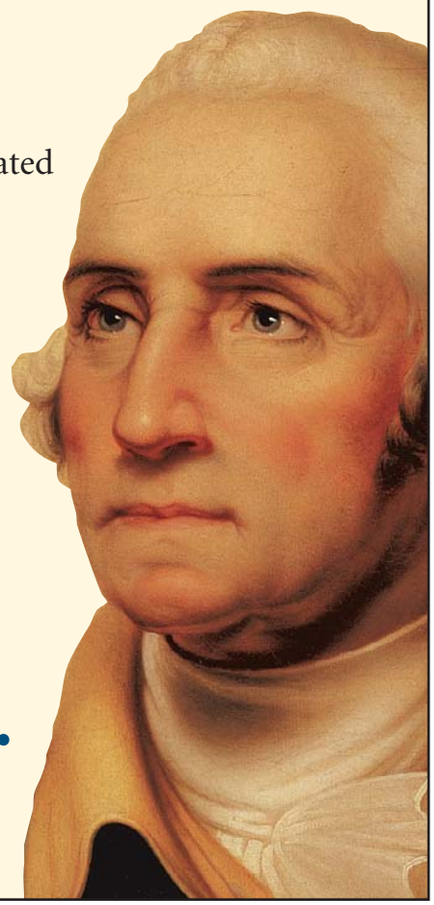

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lookout entertainment

SUSAN BIDDLE/FTWP

E. Faye Butler, front left, and Cody Williams, right, dance in Arena's "Oklahoma!"

Cain't Say No To 'Oklahoma!'

Arena Stage puts a polished, peppy spin on the classic musical

Theater Review

When "Oklahoma!" premiered in 1943, it was a new beginning for musicals. Suddenly, it was fine to start a show with a single voice, ballet had a place in the popular theater, and every love song had to be more complicated than just two people saying, "I love you."

It's appropriate, then, that Arena Stage chose "Oklahoma!" as the coming-out party for its newly renovated Mead Center for American Theater. "Oklahoma!" is a piece of American pageantry, full of songs that have become part of our national psyche, and Arena's production does the show with just enough polish.

As lovebirds Laurey and Curley, Eleasha Gamble and Nicholas Rodriguez anchor the show — and, no doubt aided by their excellent voices, manage to make two singularly dopey characters likeable.

Ostensibly, the musical is about women choosing between secure, dimpled cowboys and vaguely dangerous (but isn't that sexy?) outsiders. Molly Smith's production shows the ladies having more trouble making that decision than more classic interpretations of "Oklahoma!" have, emphasizing the thrill of the forbidden — and echoing the choice the pioneer territories faced as they were on the brink of becoming part of the U.S.

"Oklahoma!" is truly about the balance of taming a wilderness without making it suburbia, and Arena's production proves itself more than able to walk that delicate line. **FIONA ZUBLIN (EXPRESS)**

● *Arena Stage, 1101 6th St. SW; through Dec. 26; 202-554-9066. (Waterfront)*

Clinton in; Gibson Out

Add a new name to the list of VIPs rumored to make cameos in "The Hangover 2": former president Bill Clinton. Clinton filmed his guest spot on Saturday in Bangkok, where he was speaking about clean energy, according to People and TMZ. Liam Neeson also shot a cameo, reportedly replacing Mel Gibson in the film. **(EXPRESS)**

entertainment lookout

ERIC MCCANDLESS

From left: Drew Seeley, Matt Bush, Hartley Sawyer and Kelly Blatz model some popular men's undergarments from 1986.

Comically Dated

TBS' 'Glory Daze' is a lighthearted look back at '80s frat life

TV Premiere

TBS 10:00

Cross the spirit of "Animal House" and "Hot Tub Time Machine" and you get "Glory Daze," a new hour-long comedy for dudes of all ages.

Set at an Indiana college in 1986, "Daze" kicks off when Joel (Kelly Blatz) arrives at a fraternity-dominated campus determined to be a pre-med grind. He's pushed into frat life to escape a creepy and possessive roommate who arrives a la Dong in "Sixteen Candles."

Fresh from an all-boys Catholic school, Joel quickly falls in with a cast of types that reflect campus diversity, circa 1986 (and television casting in 2010).

There's Eli (Matt Bush), a Jewish virgin desperate to be cool. There's also a repressed Asian guy who vanishes before the second act; Jason (Drew Seeley), the WASPy preppie; and Brian (Hartley Sawyer), the jock. They become infatuated with Omega Sigma, a place with the right quotient of rebellious edge and a beer-guzzling machine, to boot.

'Daze' becomes at least the 400th show to use the Talking Heads' 'Once in a Lifetime.'

"Glory Daze" only hits its stride when the boys enter the Omega house and meet its peculiar residents, who take a proud and patronizing interest in their new charges. There's more than a dash of "Rushmore" in some of these mentors, and that's a good thing.

Not without occasional laughs, "Daze" is a hit-and-miss affair that may have problems sustaining itself week after week.

"Daze" becomes at least the 400th show to use the Talking Heads' "Once in a Lifetime." Apart from its insistent soundtrack, little effort has been made to ground this series in its period.

And that's too bad. The mid-1980s mark an interesting pre-PC era — before Personal Computers and Political Correctness dominated campus life. If only "Glory Daze" did a better job of evoking the time. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Casting Call

'I Love Risking My Life With You!'

Survival shows are popular. Dating shows are popular. Now, NBC and Endemol are fusing the two: Introducing "Love in the Wild," a new series coming to NBC that drops singles together in the wilderness. Twenty men and women will pair up each week in the middle of the jungle with nothing but a map and each other, and go through various emotional and physical challenges. Afterward, they'll have the choice of staying with their partner or switching. The series is planned for summer. (THE HOLLYWOOD REPORTER)

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TV tonight lookout

Best Bets

FOX 9:00

Raising Hope After Hope starts imitating dogs at her day care, Jimmy (Lucas Neff, right) tries to enroll her in a high-end center, but a blemish on Burt's record must first be expunged. Unfortunately, the family's efforts to clean up Burt's past only land the entire clan in trouble.

CBS 10:00

The Good Wife Alicia is assigned the challenging case of a high-maintenance teen star who has been accused of attempted murder after a night of drinking. Miranda Cosgrove ("iCarly") guest-stars; Christine Baranski, Josh Charles and Archie Panjabi also star in the new episode "Bad Girls."

FX 10:00

Sons of Anarchy While the motorcycle club is away on a manhunt, Jax (Charlie Hunnam) struggles with what may well be the most difficult decision of his life in the new episode "Bainne," which Adam Arkin ("Chicago Hope") directed. (TRIBUNE MEDIA)

GLEE

Singing In the Rain

FOX 8:00

When Will gets sick on "Glee," Gwyneth Paltrow, left, comes to his rescue. Guest-starring as a substitute teacher, Paltrow fills in to teach Will's Spanish class. She also shows off her pipes to the glee club, quickly winning the hearts of the New Directions performers. Elsewhere, Sue Sylvester attempts to flex her power on campus when she fills in for Principal Figgins in the new episode "The Substitute." (EXPRESS/T.M.)

History

What Does It All Mean?

The new NOVA episode "Secrets of Stonehenge" (9:30 p.m. on PBS) probes the recently discovered Bluestonehenge, a prehistoric stone circle monument found about a mile from Stonehenge. Researchers hope to find archaeological evidence there that will shed new light on how prehistoric people managed to quarry, transport and then erect these massive stones without the benefit of any monster trucks or other high-tech equipment. (TM)

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Poll Center

Today's Question

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Yesterday's Results

DO YOU THINK SCHOOLS SHOULD DROP 'F' GRADES FROM REPORT CARDS?

"No way. Kids need to learn that failure is an option and if they don't want to fail, they need to do the work to avoid that."

COMMENTER DEFENSE LIB

"Definitely not! What needs to be removed is the 'D' grade. The D grade serves no purpose. 'A' is for outstanding, 'B' is for average, and 'C' is for below average, D is for [what?] and F is for failure. In my experience, D is just a grade to "pass" a student along, which really isn't helping."

COMMENTER SHERRY

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

Blog Log

"Only three people know how close we came to a third world war and instant evaporation in 1999. Two of them are generals, and the third is a peddler of songs so sugary that his records come with a health warning from the British Diabetic Society."

— **BRUISEFALLING.BLOGSPOT.COM** ISN'T SURE WHAT TO THINK ABOUT SINGER JAMES BLUNT'S CLAIM THAT WHEN HE WAS A BRITISH SOLDIER, HE REFUSED AN ORDER TO ATTACK RUSSIAN TROOPS IN KOSOVO IN 1999.

"Maybe now that Jay Electronica's with Roc Nation, he'll put out more than one song a year. Let's hope so."

— **WRITERSBLOCKMEDIA.NET** IS GLAD TO SEE THAT THE RAPPER SIGNED WITH JAY-Z'S RECORD LABEL OVER THE WEEKEND.

"This ex-president of ours never ceases to surprise us. And we're talking about Bill Clinton this time, not George W. Bush, whose actions are never surprising anymore."

—**MOVIES.THEFABLIFE.COM** REACTS TO NEWS THAT CLINTON SHOT A CAMEO APPEARANCE IN "THE HANGOVER 2," WHICH WAS SHOT IN THAILAND.

"Completely out of the blue, Apple dropped this iTunes announcement on us. No buildup, no rumors. We didn't hear a thing about this. It's obviously not a presentation, because there are no invites. ... I'm betting it's something to do with iTunes streaming, the cloud, and that big old North Carolina server farm they bought."

— **EVERYTHINGICAFE.COM** WAS INTRIGUED BY THE COMPUTER COMPANY'S LARGE TILE AD THAT OCCUPIED ITS HOME PAGE FOR MOST OF THE DAY MONDAY.

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puzzles lookout

Horoscope

SCORPIO (Oct. 23-Nov. 21) You must do more than cover up your mistakes; you must strive to undo them as best you can.

SAGITTARIUS (Nov. 22-Dec. 21) You may not get the attention you desire, because you're doing everything the right way, without causing trouble.

CAPRICORN (Dec. 22-Jan. 19) Only your imagination is holding you back; focus on those things that spring from the depths of your own mind.

AQUARIUS (Jan. 20-Feb. 18) You can receive a great deal of valuable assistance, but you have to ask for it. Be sure that you make your needs and desires very clear.

PISCES (Feb. 19-March 20) There's no reason for you to overpay; spending too much is a product of a knee-jerk response to an opportunity you haven't fully studied.

ARIES (March 21-April 19) Exploration on your part yields one or two answers others have been seeking for quite some time. You'll get the credit you deserve.

TAURUS (April 20-May 20) A last-ditch effort isn't likely to save a troubled relationship — unless, of course, it is thought out and performed perfectly.

GEMINI (May 21-June 20) Take care not to overreact to someone else's baseless accusations. Keep doing what you're doing; this will all blow over.

CANCER (June 21-July 22) You'll get a good idea of what lies ahead simply by taking it more slowly than you had planned. The view ahead is quite clear.

LEO (July 23-Aug. 22) You can inspire others even as you let yourself be inspired in turn. It's a good day to work on something with those you truly like.

VIRGO (Aug. 23-Sept. 22) A disagreement gets blown out of proportion, and only you can get things back to normal by avoiding seeing things in a biased fashion.

LIBRA (Sept. 23-Oct. 22) That deadline you've been fearing is fast approaching, and you must work quickly to do what you can before a slowdown ensues.

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Scrabble Grams

PAR SCORE 150-160, BEST SCORE 238

								RACK 1
E1	O1	O1	S1	R1	G2	F4	1st Letter Double	
								RACK 2
E1	I1	I1	O1	N1	Z10	L1	Triple Word Score	
								RACK 3
A1	E1	I1	W4	N1	L1	B3		
								RACK 4
E1	E1	U1	Y4	S1	P3	P3		

Yesterday's Solution

O1	V4	E1	R1	H4	O1	T1	RACK 1 =	89
N1	U1	N1	L1	I1	K5	E1	RACK 2 =	61
B3	A1	G2	U1	E1	T1		RACK 3 =	9
V4	U1	L1	P3	I1	N1	E1	RACK 4 =	63
PAR SCORE 145-155							TOTAL	222

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

5			4	8	9			1
7		3				8		9
4			2		7			5
	2						6	
6			8		3			7
9		5				6		8
3			5	9	1			2

Yesterday's Solution

9	2	7	5	6	3	8	1	4
8	6	1	2	7	4	9	3	5
4	3	5	1	8	9	6	7	2
2	7	8	3	5	1	4	9	6
6	1	3	9	4	8	5	2	7
5	4	9	7	2	6	1	8	3
7	9	4	8	3	5	2	6	1
1	5	2	6	9	7	3	4	8
3	8	6	4	1	2	7	5	9

Need more Su|do|ku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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Comics

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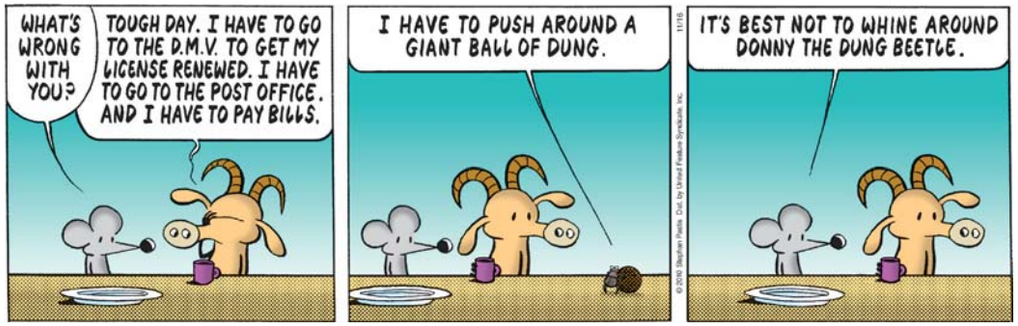

Forecast

58 | 52

Today: Cloudy today with a bit of rain. Rain tapering off tonight.

62 | 41

Tomorrow: Partly sunny and windy tomorrow. Clear tomorrow night.

Looking Ahead

THU	FRI	SAT
58 | 40	52 | 39	61 | 44

Sun and Moon
Sunrise today: 6:52 a.m.
Sunset today: 4:54 p.m.
Moonrise today: 1:57 p.m.
Moonset today: 1:54 a.m.

Almanac
Normal high: 58
Record high: 83
Normal low: 40
Record low: 20

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Crossword

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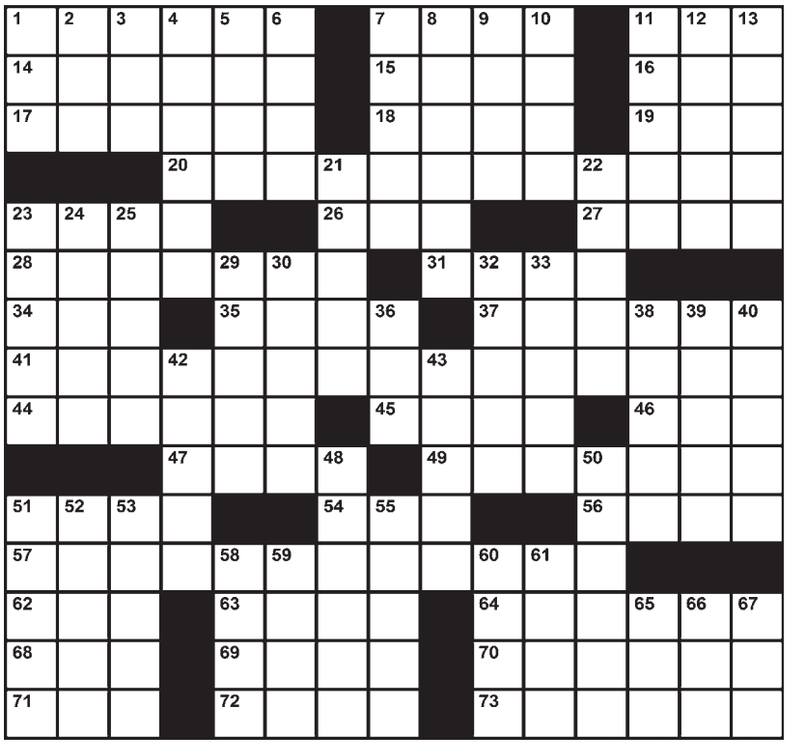

EDITED BY TIMOTHY E. PARKER

ACROSS

1 Gymnast's apparatus: ___ horse
7 Hushed "Hey, you!"
11 They frequently pop up
14 Come on the scene
15 Imitation is his vocation
16 Vientiane inhabitant
17 Lighten up
18 Method of memorization
19 Aves lay them
20 Get tough
23 Hindi equivalent of Mr.
26 Part of a stable snack?
27 User-friendly
28 Escorts to jail
31 Himalayan Sasquatch
34 Handwoven rug
35 Incubator sound
37 Small Australian parrots
41 At work again
44 Elvis' expressions
45 Eye part with color
46 Certain Ivy League student
47 Homeowner's paper
49 Teach a different skill
51 Astonished
54 Self-esteem, taken too far
56 In addition
57 Allow without restrictions
62 Doc's group
63 Relaxed gait
64 Heir apparent
68 According to
69 City near Des Moines
70 One with a claim against him
71 Bridge authority Culbertson
72 DNA element
73 Indian dresses (var.)

DOWN

1 Buddy
2 Sample for an assayer
3 Title acquired in marriage
4 Goof
5 "Will they ___ learn?"
6 "Stormy Weather" singer Horne
7 Hooded Arctic coat
8 Lacking consistency
9 Fourth man
10 Chart with ancestors
11 Hawaiian salutation
12 Lincoln's Confederate counterpart
13 Lathered up
21 Math subgroup
22 Very unusual
23 Stinging remarks
24 Indo-European, formerly
25 Prepare for a collision
29 Taper upward
30 Wound up
32 Elmer the Bull's mate
33 Hot bread
36 ___ Beta Kappa (honor society)
38 Just right
39 Upper New York Bay's ___ Island
40 Fish net with floats
42 Light anchor
43 Blunder
48 Extend farther down
50 Give, as an apology
51 With an open mouth
52 Third letter of the Hebrew alphabet
53 Egg source
55 Skein fliers
58 It waves patriotically
59 Apple variety
60 Spawning fish
61 Pieces of pelvises
65 Fiji-to-Samoa dir.
66 Date
67 Some NFL pass catchers

Yesterday's Solution

Today in History

1907 Oklahoma becomes the 46th state of the union.

1966 Samuel H. Sheppard is acquitted in his second trial of murdering his pregnant wife, Marilyn, in 1954.

2000 Al Gore wins a legal fight to expand manual recounts as he struggles to trim George W. Bush's 300-vote lead in Florida's presidential race.

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people lookout

BORING

Other People Who Should Have Gotten This Award Include But Are Not Limited to: Christina Hendricks, Christina Hendricks, Christina Hendricks, Christina Hendricks, Christina Hendricks, Christina Hendricks, Christina Hendricks, Christina Hendricks And Don't Forget Christina Hendricks

GQ has named Scarlett Johansson its Babe of the Year. **(EXPRESS)**

AMAZING!

Spider Bite Gave Her Power To Withhold Signature

Angelina Pivarnick of "Jersey Shore" may or may not have agreed to release the entirety of her rap single, TMZ.com reported. Earlier on Monday, the website said Pivarnick and producer Andy Stein had hashed out a deal to release "I'm Hot." Later, however, TMZ said, Pavarnick had bowed out of the deal because of a spider bite on her face. **(EXPRESS)**

BRYAN BEDDER/GETTY IMAGES

Angelina plans to pursue mime when her rap career inevitably fades away.

Dirtbag Digest

Lesson Learned A Bit Too Well

Rachel Uchitel, ex-mistress of Tiger Woods', told the Daily Mail she expects to earn her private eye's license in December. "Yes, that means I will be hunting down cheating husbands," she said. "It is all part of me moving on with my life, and I figured I may as well do something career-wise that I have a flair for." When asked whether she'd become involved with another married man, she said, "I will never, ever do that again." **(EXPRESS)**

D DIPASUPIL/GETTY IMAGES

CHRISTOPHER POLK/GETTY IMAGES

INARTICULATION

'Crazy?' 'Crazy!' 'Crazy.'

Oprah Winfrey and Whoopi Goldberg finally addressed years of tension between them on Monday, concluding that their rift was a case of miscommunication. "All these years I thought — I thought that you thought — I don't know what I thought," Winfrey said. "It's crazy. It's crazy," noted Goldberg. "It's crazy. So I thought, you think I'm mad at you? I thought you were mad at me," Winfrey said. **(EXPRESS)**

ADVICE

'You Can Never, EVER Wear Too Many Feathers'

Christina Aguilera says she bonded with Cher on the set of "Burlesque." "She gave me so much advice, both personally and professionally," Aguilera said Sunday, Radaronline.com reported. "I have been through many of the things she has gone through," Cher said. "You can tell someone advice, and it was a way of connecting on and off the set." **(EXPRESS)**

FRAZER HARRISON/GETTY IMAGES

More advice from Cher: Make every tour a farewell tour; say "Yes!" to unitards.

"I will say the same thing I always say: I wish her the very best."

—NICK LACHEY RESPONDS BLANDLY TO EX-WIFE JESSICA SIMPSON'S ENGAGEMENT. SIMPSON PREVIOUSLY REACTED BLANDLY TO LACHEY'S ENGAGEMENT.

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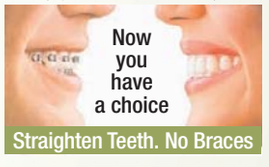
- Implants • Emergency Care • Dental Check-Ups
- Crowns & Bridges • Root Canal Therapy • Oral Surgery
- Periodontics • Cosmetic Dentistry • Orthodontics
- Digital Computerized X-Rays • Intra-Oral Camera/Video Imaging • Air Abrasion (No More Needles)
- **Evening & Saturday hours by appointment**

PREMIERE INVISALIGN PROVIDER (top 5% Nationwide 2005)



New Patient $99 Exam Special includes Complete exam, routine cleaning, 4 bite wing & 2 pa x-rays ($304 Value)

Not valid w/periodontal (gum) disease. Not valid with insurance. Some additional restrictions may apply. 1 coupon per patient. Expires 11/30/2010

K Street Dental & Orthodontic Group
Dr. A. Shouhayib & Associates

3 Washington Circle,NW. Suite #306
Washington, DC 20037 • 866.796.2350

308 Main St., Gaithersburg, MD 20878
Beside Whole Foods • 301.977.9787

Click an appointment on line
www.kstreetdental.com

CIGNA®

Take the road to good health

Are you ready to take off the weight — once and for all?

Losing weight and keeping it off is difficult — especially when you try to do it alone. But now you don't have to.

If you're ready to take control of your weight, then you're ready to enroll in the APWU High Option Health Plan!

The APWU Health Plan's High Option is another great way to take better control of your health.

By accessing CIGNA's PPO network, the APWU Health Plan's High Option offers a unique benefit program with considerable cost savings when in-network services are used. As a member, you receive:

- Diabetes Management Program that includes $0 copays for in-network office visits, lab tests and generic medications through Medco by Mail; and $0 coinsurance for insulin pump and supplies in-network.
- Hypertension Management Program with $0 copays for in-network office visits, lab tests and generic medications through Medco by Mail.
- 100% coverage for in-network preventive screenings, including mammograms, total blood cholesterol screenings, Pap tests and more.
- 100% coverage for children's preventive physical exams, lab work and immunizations.
- Smoking cessation and weight management programs.
- No exclusions for pre-existing conditions.
- A CIGNA network of more than 1 million health care professionals — so chances are your current doctor is in our network. Check to see if your doctor is in the network by calling 866.284.6823 beginning November 8 between the hours of 8 a.m. and 9 p.m. or check anytime on www.apwuhp.com.

APWU Health Plan's High Option is open to all Federal Employees. Take advantage of Open Season and choose APWU Health Plan's High Option!

If you're ready to take action, the APWU High Option Health Plan is ready to help. It's your move.

APWU HEALTH PLAN

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